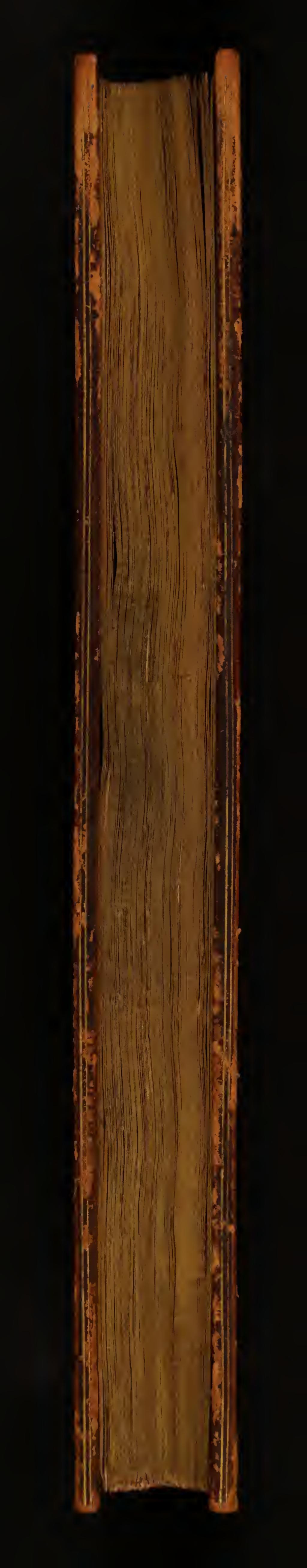


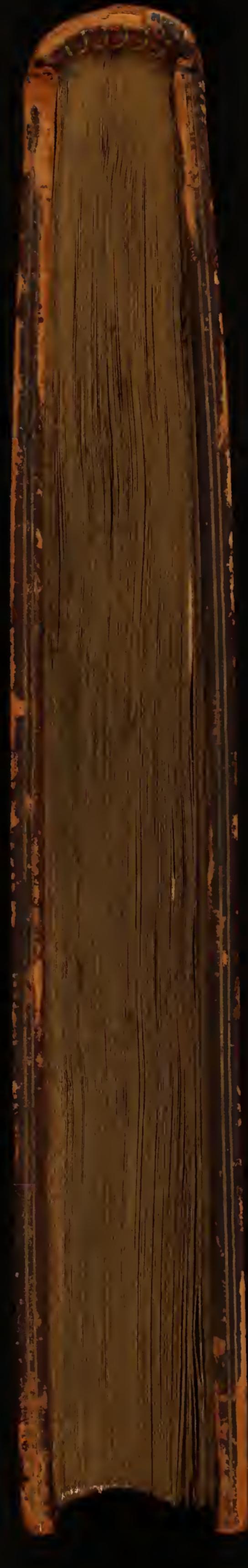
ENGLISH

HOUSE - WIFE

—
MARKHAM

1631











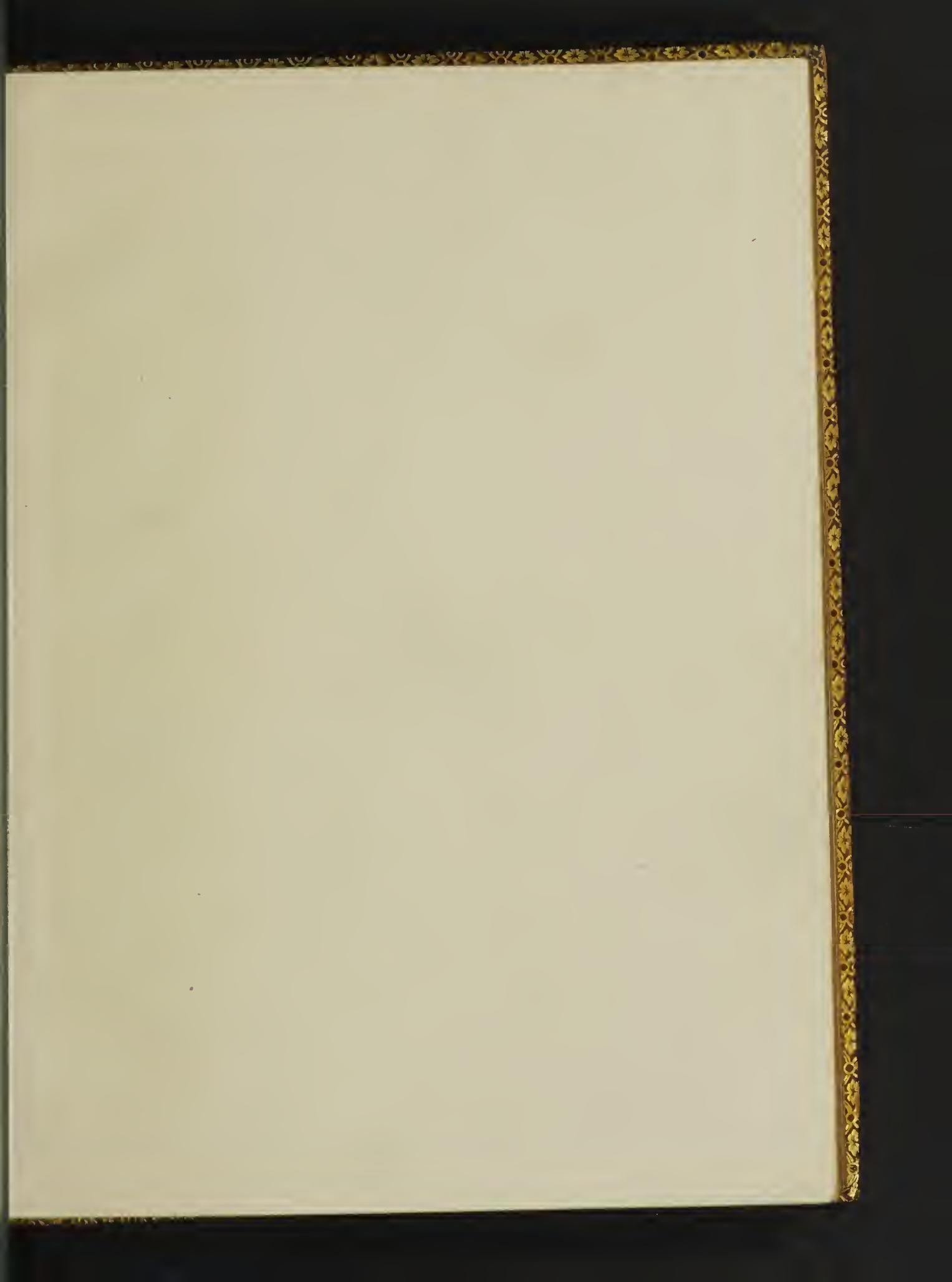
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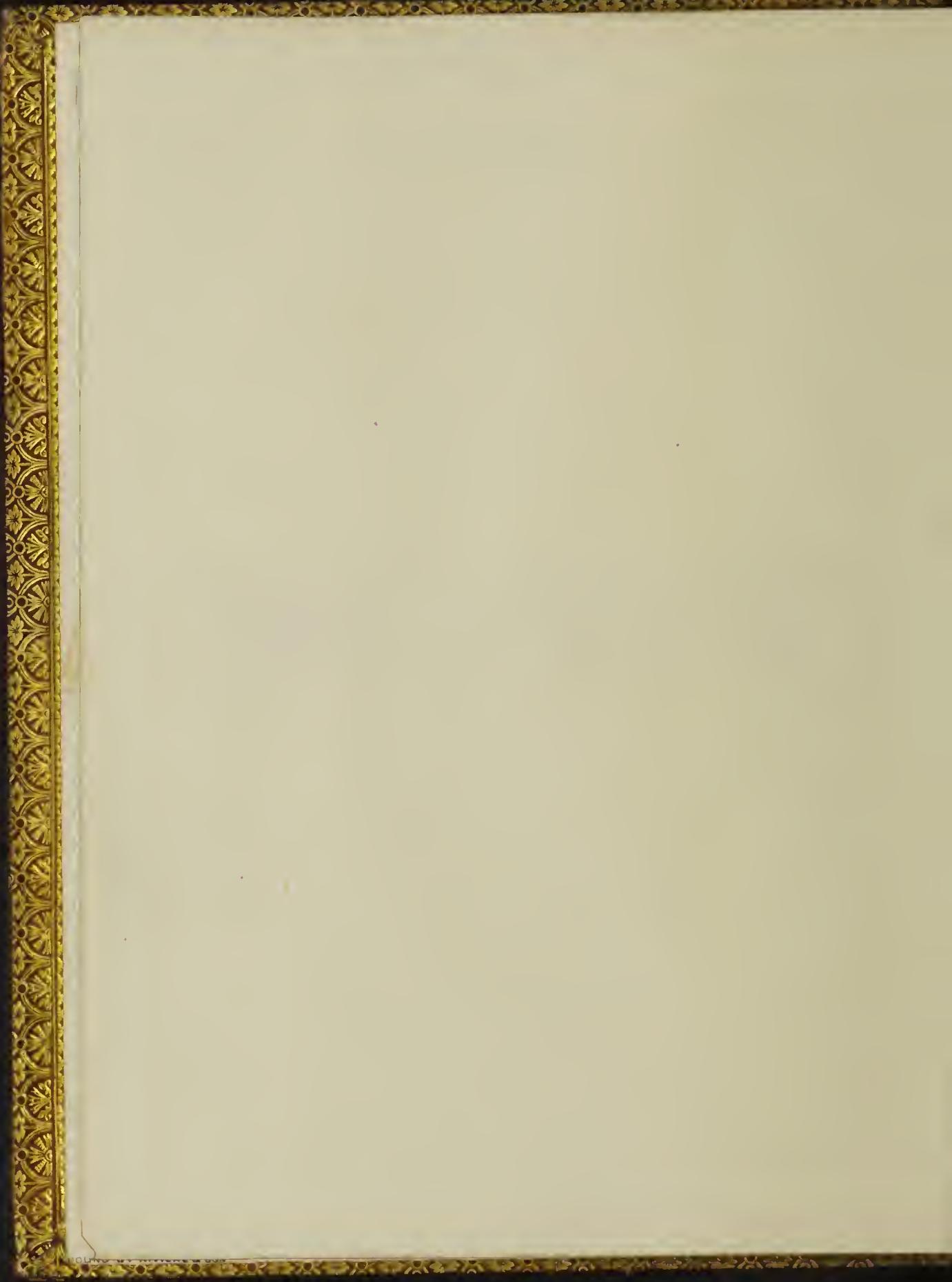
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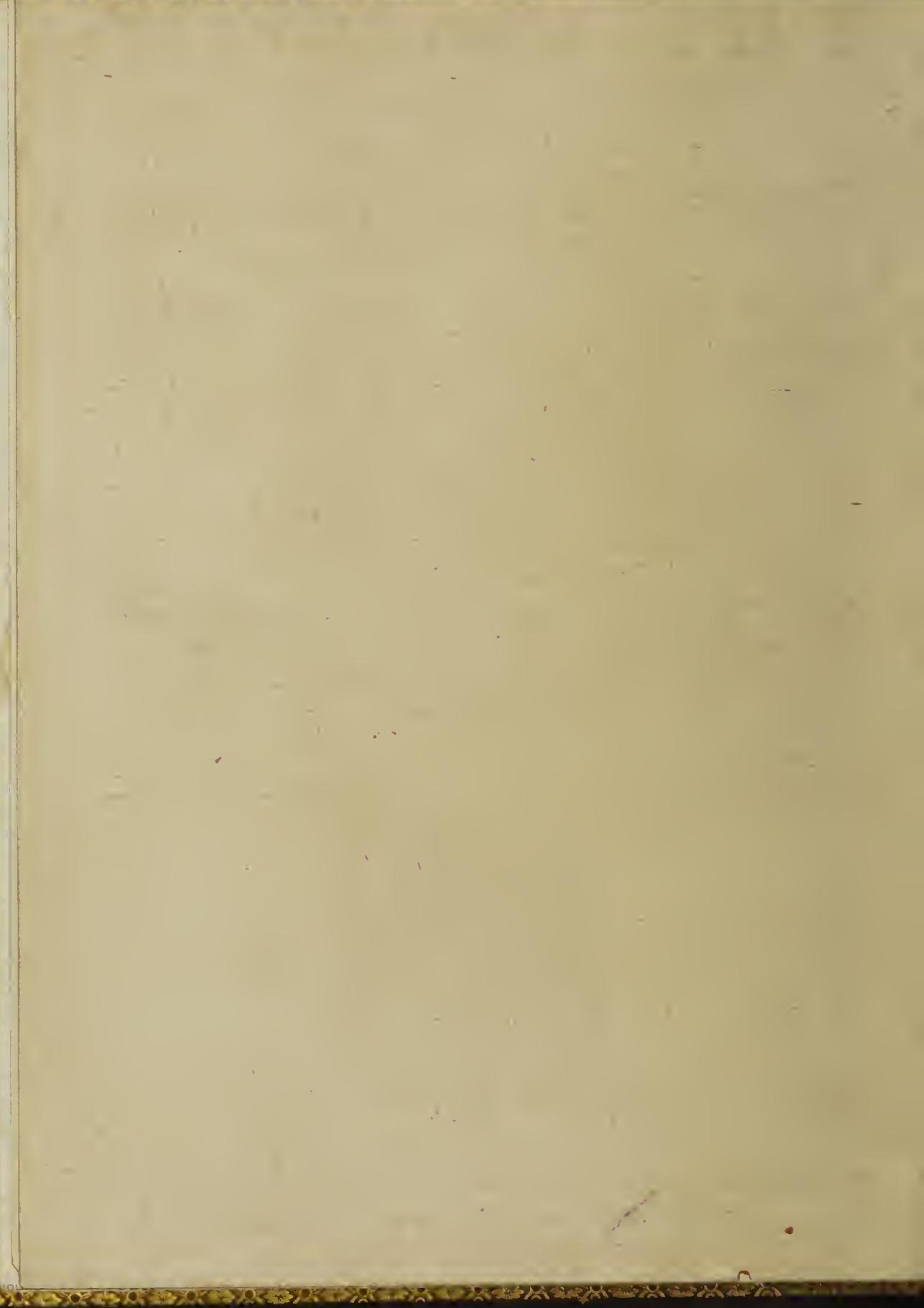
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STC 17352

- 935 Markham (Gervase) *The English House-wife, containing the inward and outward Vertues which ought to be in a complete Wōman, as her Skill in Physicke, Surgery, Cookery, &c. fine copy with the scarce blank leaf al, mottled calf extra, old style, g. e. by Rivière* 1631







69546

THE ENGLISH HOVSE-WIFE.

CONTAINING

The inward and outward Vertues which
ought to be in a compleate Woman.

*As her skill in Physicke, Surgery, Cookery,
Extraction of Oyles, Banqueting stufse, Ordering of
great Feasts, Preseruing of all sorts of Wines, Concei-
ted Secrets, Distillations, Perfumes, ordering of Wooll,
Hemp, Flax, making Cloth, and Dying, the know-
ledge of Dayries, office of Malting, of Oates,
their excellent vses in a Family, or Brew-
ing, Baking, and all other things
belonging to an Houshold.*

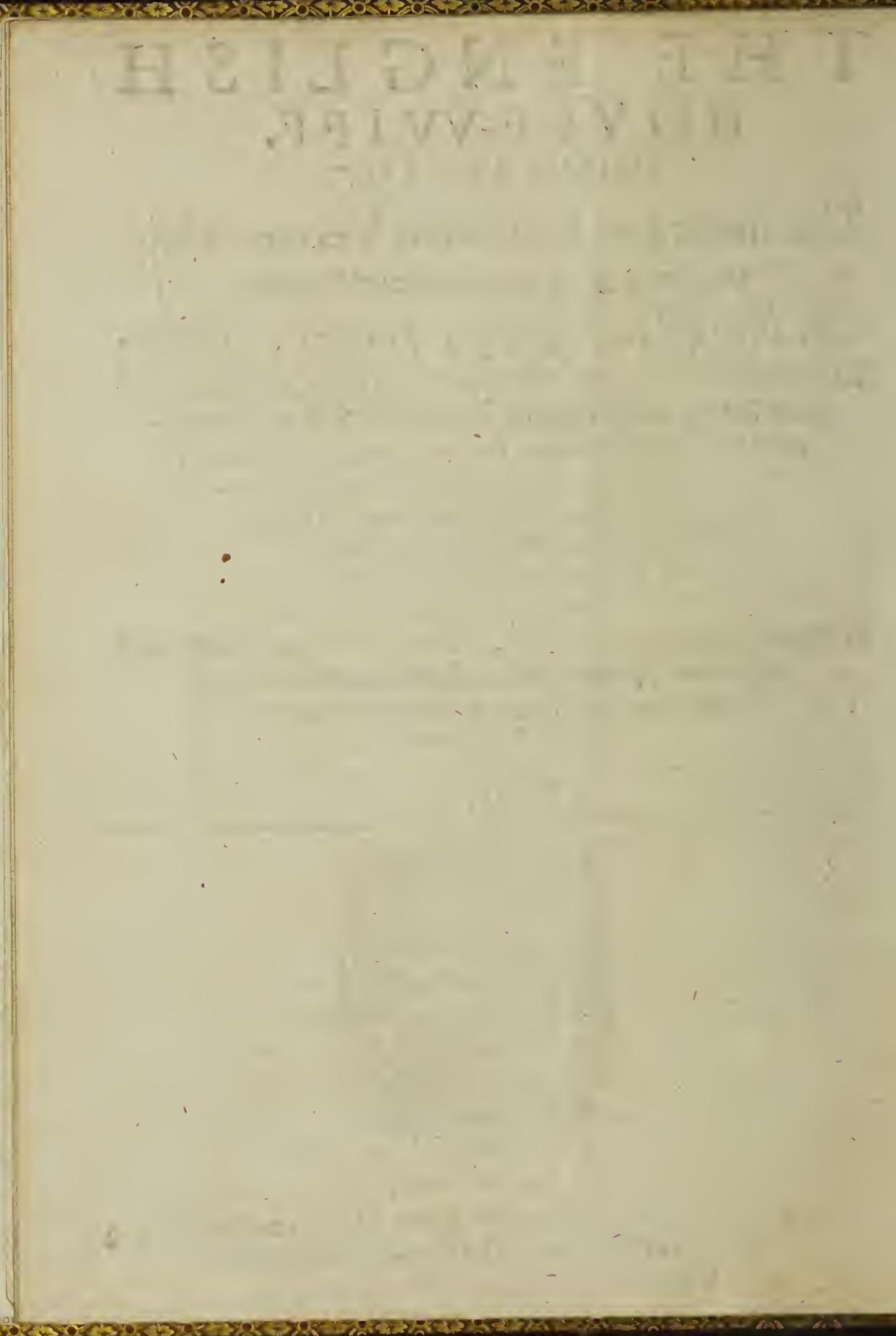
A Worke generally approued, and now the fourth time much
augmented, purged and made most profitable and
necessary for all men, and the generall good
of this Kingdome.

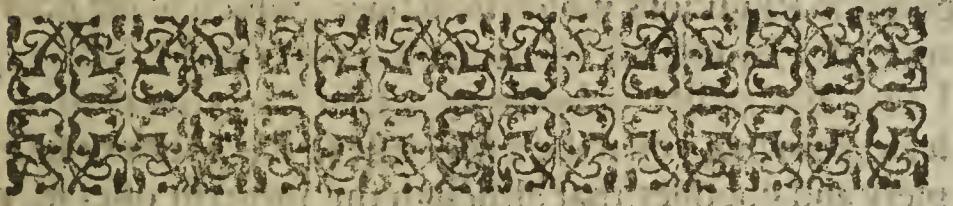
By G. M. orckham



LONDON.

Printed by Nicholas Okes for JOHN HARRISON, and are to
be sold at his shop at the signe of the golden
Vancorne in Pater-noster-row. 1631.

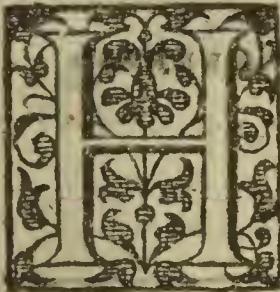




TO THE RIGHT
HONOURABLE AND
MOST EXCELLENT

Ladie, FRANCES.

Countesse Dowager
of Exeter.



Owsoeuer (Right Honourable and most vertuous Ladie) this Booke may come to your Noble Goodnesse clothed in an old Name or Garment, yet doubtlesse (excellent Madam) it is full of many new vertues which will cuer admire & serue you; and though it can adde nothing to your owne rare and vnaparalleld knowledge, yet may it to those Noble good ones (which will endeauour any small sparke of your imitation) bring such a light, as may make them shine with a great deale of charity. I doe not assyume to my selfe (though I am not altogether ignorant in abilitie to iudge of these thingz) the full iuention and scope of this whole worke: for it is true (great Ladie) that much of it was a Manuscript which many yeeres agen belonged to an Honourable Countesse, one of the greatest Glories of our Kingdome, and were the opinions of the

The Epistle dedicatory.

greatest Physitions which then liued; which being now approued by one not inferiour to any of that Profession, I was the rather imboldned to lend it to your blessed hand, knowing you to be a Mistresse so full of honorable piety and goodnes, that although this imperfite offer may come vnto you weake and disable, yet your Noble vertue will support it, and make it so strong in the world, that I doubt not but it shall doe seruice to all those which will serue you, whilst my selte and my poore prayers shall to my last gaspe labouer to attend you.

*The true admirer of your
Noble Vertues,*

GERVASE MARKHAM.

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The



The approoued Booke, Called the *English Hous-wife.*

Contayning all the Veriuous knowledges and actions both of minde and body, which ought to be in any compleate Houswife, of what degree or calling soever.

Booke 2.

CHAP. I.

Of the inward vertues of the minde, which ought to be in euery House-wife. And first of her general Knowledges both in Phisicke and Surgery, with plaine approued medicines for health of the House-hold, also the extraction of excellent Oyles fit for those purposes.



Auing already in a summary briefnesse passed through those outward parts of Husbandrye which belong vnto the perfect Husbandman, who is the Father and Maister of the Family, and whose office and imployments are euer for the most part abrod, or remoued from the house, as in the field or yard: It is now meete that we descend in as orderly a Method as we can, to the office of our English

lish Hous-wife, who is the mother and Mistris of the family, and hath her most generall imployments within the house; where from the gentall example of her vertues, and the most approued skill of her knowledges, those of her family may both learne to ſerue God and sustaine man in that godly and profitable ſort which is required of euery true Christian.

A Houſe-wife
must be religi-
ous.

First: hen to ſpeake of the inward vertues of her mind; ſhe ought, aboue all things, to be of an upright and ſincere religion, and in the ſame both zealous and conſtant, giuing by her example, an incitemēt and ſpurre vnto al her family to pefue the ſame ſteppes, and to vtter forth by the iſtruction of her life, thofe vertuous fruits of good liuing, which ſhall be pleaſing both to God and his creatures; I doe not meane that herein ſhe ſhould vtter forth that violence of ſpirit which many of our (vainely accounted pure) women doe, drawing a contempt vpon the ordinary Miniftry, & thinking nothing lawfull but the fantazies of their owne inuentions, vſurping to themſelues a power of preaching & interpreting the holy word, to which only they ought to be but hearers and beleeuers, or at the moft but moideſt perſwaders, this is not the office either of good Houſe-wife or good woman. But let our English Houſe-wife be a godly, conſtant, and religious woman, learning from the worthy Preacher and her husband, thofe good examples which ſhe ſhall with all carefull diligence ſee exerciſed amonſt her ſervants.

In which praſtice of hers, what particular rules are to be obſerued, I leauē her to leaue of them who are profeffed Diuines and haue purpoſely written of this ar- gument; onely thiſ ſmuch will I ſay, which each ones expeſience will teache him to be true, that the more care-

full

tull the master and mistris are to bring vp their seruants
in the dayly exercises of Religion toward God, the
more faithfull they shall find them in all their businesses
towards men, and procure Gods fauour the more plen-
tifully on all the household : and therefore a small time
morning and euening bestowed in prayers, and other
exercises of religion, will proue no lost time at the
weekes end.

Next vnto this sanctity and holinesse of life, it is meet
that our English Hous-wife be a woman of great mo-^{Shee must be}temperate.
desty and temperance as well iawardly as outwardly ;
inwardly, as in her behaviour and cariage towards her
husband, wherein shee shall shunne all violence of rage,
passion and humour, coueting lesse to direct then to be
directed, appearing euer vnto him pleasant, amiable, &
delightfull and though occasion, mishaps, or the misgo-
vernemente of his will may induce her to contrary
thoughts, yet vertuously to suppresse them, and with a
mild suffeiance rather to call him home from his error,
then with the strength of anger to abate the least sparke
of his euill, calling in her mind that euill and vncomely
language is deformed though vttered even to seruants,
but most monstrous and vgly when it appeaies before
the prefence of a husband : ourwardly, as in her appar-
rell and diet, both which she shall proportion according
to the competency of her husba. ds estate and calling,
making her cicle rather strait then large, for it is a rule
if we extend to the vttermost, we take away increase, if
we goe a hayre breadth beyond, we ente into consump-
tion : but if we preserue any part, we build strong toris
against the aduersaries of fortune, provided that such
preseruation be honest and conſcioneable : for as lauish
prodigality is blutish, so miserable conciuencie is
B 2 hellish.

Other Gar-
ments.

Of her Dyet.

Her generall
virtues.

O F

He-
re-
venues
in-
under-
stand.

hellish: Let therefore the Huf-wifes garments be comly and strong, made awel to preserue the health, as adorne the person, altogether without toyish garnishes, or the glosse of light colours, and as far from the vanity of new and fantastick fashions, as neere to the comly imitations of modest Matrons: Let her dyet be wholsome and cleanly, prepared at due houres, and Cookt with care and diligence, let it be rather to satisfie nature then our affections, and apter to kil hanger then rauie new appetites, let it proceede more from the prouision of her owne yard, then the furniture of the Markets; and let it be rather esteemed for the familiar acquaintance she hath with it, then for the strangenesse and rarity it bringeth from other Countries.

To conclude, our English Huf-wife must be of chaste thought, stout courage, patient, vntyted, watchful, diligent, witty, pleasant, constant in friendship, full of good Neighbour-hood, wise in Discourse, but not frequent therein, sharpe and quicke of speech, but not bitter or talkatiue, secret in her affaires, comfortable in her counsels, and generally skilful in the worthy knowledges which doe belong to her Vocation, of all, or most whereof I now in the ensuing discourse, intend to speake more largely.

To begin then with one of the most principal virtues which doth belong to our English Hous-wife; you shal understand, that sith the preseruation and care of the family touching their health and soundnesse of body consisteth most in the diligence: it is meet that she haue a phisicall kind of knowledge, how to administer many wholesome receipts or medicines for the good of their healths, as wel to preuent the first occasion of sicknesse, as to take away the effects and euill of the same, when

it hath made ſeaſure on the body. Indeed we muſt confeſſe that the depth and ſecrets of this moſt excellent Art of Phyſicke, is farre beyond the capacity of the moſt ſkilfull woman, as lodging onely in the breft of learned Profefſors, yet that our Houſe-wife may from them receive ſome ordinary rules and medicines which may auaile for the benefit of her Family, is (in our common expeſience) no derogaſion at all to that worthy Art. Neither doe I intend here to lead her minde with al the Symptomes, accidents, and effects which go before or after euery ſickneſſe, as though I would haue her to aſſume the naue of a Practitioner, but only relate vnto her ſome approoued medicines, and old doctrines which haue beene gathered together, by two excellent and famous Phisitions, and in a Manuscript giuen to a great worthy Countesse of this Land, (for farre bee it from me, to attribute this goodneſſe vnto mine owne knowledge) and deliuered by common and ordinary expeſience, for the curing of thoſe ordinary ſickneſſes which daily perturbe the health of men and Wo-men.

First then to ſpeake of Feuers or Agues, the Huſ-wife ſhall know thoſe kinds thereof, which are moſt fa-miliar and ordinary, as the *Quotidian* or dailyague, the *Tertian* or euery other dayague, the *Quartan* or euery third dayesague, the *Pestilent*, which keepeth no other in his fits, but is more dangerous and mortall: And laſtly the accidental Feuer which proceedeth from the receite of ſome wound or other, paineſfull perturbation of the ſpirits. There bee ſundry other Feuers which comming from *Consumptions*, and other long continued ſickneſſes, doe altogether ſurpaſſe our Huſ-wives capacity.

Dr. Barker.
Dr. Bonelius.

Of the quotidian.

First then for the *quotidian* feuer, (whose fits alwaies last aboue twelue houres) you shall take a new laid egge, and opening the crowne you shall put out the white, then fill vp the shell with very good *Aquaritæ*, and stirre it and the yolke very well together, and then as soone as you feele your cold fit begin to come vpon you, sup vp the egge, and either labour till you sweate, or else laying great store of cloathes vpon you, put your selfe in a sweat in your bed; and thus do whilst your fits continue, and for your drinke let it be onely posset ale.

Of the single
Tertian.

For a single *Tertian* feuer, or each other dayes ague; take a quart of posset ale, the curde being well drained from the same, and put thereinto a good handfull of *Dandilion*, and then setting it vpon the fire, boyle it till a fourth part be consumed, then as soone as your cold fit beginneth; drinke a good draught thereof, and then either labour till you sweat, or else force your selfe to sweat in your bed, but labour is much the better, prouided that you take not cold after it, and thus do whilst your fits continue, and in all your sicknesse let your drinke bee posset Ale thus boyled with the same hearbe.

Of the accidentall Feuer.

For the accidentall Feuer which commeth by meanes of some dangerous wound receiued, although for the most part it is an ill signe, if it be strong and continuing, yet many times it abateth, and the party recovereth when the wound is well tended and comforted with such soueraigne balmes and hot oyls as are most fit to be applied to the membei so grieved or iniured: therefore in this Feuer you must respect the wound from whence the accident doth proceed, and as it recouereth, so you shall see the feuer wast and diminsh.

For the *Hettique* feuer, which is also a very dangerous sicknesse,

sicknesse, you shall take the oyle of Violers, and mixe it with a good quantity of the powder of white Poppy seed ^{Of the Feuer} hewcke, finely leasst, and therewith annoyn the small and raines of the parties backe, euening and morning, and it will not onely giue ease to the Feuer, hut also purge and cleane away the dry scalings which is ingendred either by this or any other feuer whatsoeuer.

For any feuer whatsoeuer, whose fit beginneth with a cold. Take a spoonefull and a halfe of Dragon water, a spoonefull of Rosewater, a spoonefull of running water, a spoonefull of Aquavite, and a spoonefull of Vinegar, halfe a spoonefull of Methridate or lesse, and beate all these well together, and let the party drinke it before his fit beginne.

It is to be vnderstood that all feuers of what kind soever they be, and these infectious diseases, as the Pestilence, Plague, and such like, are thought the inflammation of the bloud, infinitely much subiect to drought; so that, should the party drinke so much as he desired, neither could his body containe it, nor could the great abundance of drinke do other then weaken his stomacke, and bring his body to a certaine destruction.

Wherefore, when any man is so ouerpressed with desire of drinke, you shall giue him at conuenient times either posset ale made with cold herbes; as sorrell, purslen, Violet leaues, Lettice, Spinage, and such like, or else a Iulip made as hereafter in the pestilent feuer, or some Almond milke: and betwixt those times, because the vse of these drinkes wil grow wearisome and loathsome to the patient, you shal suffer him to gargil in his mouth good wholesome beare or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out againe, and then to take more, and thus to do as oft as

and then to take more, and thus to doe as oft as he pleaseth, till his mouth be cooled: prouided that by no meanes he suffer any of the drinke to goe downe, and this will much better asswage the heat of his thirst then if he did drinke; and when appetite desireth drinke to goe downe, then let him take either his Iulip, or his almonde milke.

To make a pultis to cure any ague-sore, take elder leaues and seeth them in milke, till they be soft then take them vp and straine them; and then boyle it againe till it be thicke, and so vse it to the sore as occasion shall serue.

For any ague
sore.

For the quar-
taine Feuer.

For the Quartaine Ecuer or third day ague, which is which is of all feuers the longest lasting, & many times dangerous consumptions, blacke iaudexes and such like mortall sicknesses follow it: you shall take Methridate and spread it vpon a lymon slice, cut of a reasonable thicknes, and so as the lymon be couered with the Methridate; then bind it to the pulse of the sick mans wrist of his arme about an houre before his fit doth beginne, and then let him goe to his bed made warme, and with hot cloathes laid vpon him; let him try if he can force himselfe to sweat which if he doe, then halfe an houre after he hath sweat he shall take hot posset ale brewed with a little Methridate, and drinke a good draught thereof; and rest till his fit be passed ouer: but if he bee herd to sweat, then with the sayd posset Ale also you shall mixe a few bruised Anny-seeds, and that will bring sweat vpon him: and thus you shall doe euery fit till they beginne to cease, or that sweat come naturally of it owne accord, which is a true and manifest signe that the sicknesse decreaseth.

To make an
lwre.

For

For the pestilent Feuer, which is a continuall sicknesse full of infection, and mortality, you shall cause the party first to bee let blood, if his strength will beare it: then you shall giue him coole Iulyps made of Endite or Suceorie water, the sirrop of Violets, conserue of Barberries, and the iuyce of Lymons, well mixed and simboliz'd together.

Of the pestil-
ent Féuer.

Also you shall giue him to drink Almond milke made with the decoction of coole hearbes, as violet leaues, strawberry leaues, french mallowes, pursline, and such like; and if the parties mouth shall through the heate of his stomacke, or liter inflame or grow sore, you shall wash it with the sirrop of mulberries; and that will not onely heale it, but also strengthen his stomacke. (If as it is most common in this sicknesse) the party shall grow costive, you shall giue him a suppository made of hony, boyld to the height of hardnesse, which you shall know by cooling a drop thereof, and so if you find it hard, you shall then know that the hony is boyled sufficiently; then put salt to it, and so put it in water, and worke it into a roule in the manner of a suppository, & administer it, and it most assuredly bringeth no hurt, but ease to the party, of what age or strength soever he be: during his sicknesse, you shall keepe him from all manner of strong drinke, or hot splices, and then there is no doubt of his recoverie.

To preserue your body from the infection of the plague, you shal take a quart of old ale, & after it hath ri- <sup>A preservative
against the
plague.</sup>sen vpon the fire and hath been scummed, you shall put therinto of *Aristolochia longa*, of *Angelica* & of *Cellardine* of each halfe an handfull, & boile them wel therin; then strain the drink through a cleane cloath, & dissolve therein a dramme of the best *Mithridate*, as much Ivory finely.

finely powdred and searst, and sixe spoonful of *Dragon* water, then put it vp in a closse glasse ; and euery morning fasting take ffe spoonful thereof, and after bite and chaw in your mouth the dried root of *Angelica*, or smel on a nolle-gay made of the tasseld end of a shippe rope, and they wil surely preserue you from infection.

For infection
of the plague.

But if you be infected with the plague, and feele the assured signes thereot, as paine in the head, drought, burning, weaknesse of stomacke and such like : Then you shal take a dram of the best *Methridate*, and dissolute it in three or fourre spoonful of *dragon* water, and immedately drinke it off, and then with hot cloathes or bricks made extreme hot, and layd to the soales of your feet, after you haue beene wrapt in woollen cloathes, compel your selfe to sweat, which if you do, keep your selfe moderately therein till the sore begin to rise ; then to the same apply a liue Pidgeon cut in two parts, or else a plaister made of the yolke of an Egge, Hony, hearbe of grace chopt exceeding small, and wheate flower, which in very short space will not onely ripen, but also breake the saine without any other incision ; then after it hath runne a day or two, you shall apply a plaister of *Melilot* ynto it vntil it be whole.

For the Pestilence.

Take *Fetherfew*, *Malefalon*, *Scabieus*, and *Mugwort*, of each a like, bruise them and mixe them with old ale, and let the sicke drinke thereof sixe spoonful, and it wil expell the corruption.

Another.

Take *Tarrow*, *Tansie*, *Fetherfew*, of each a handful, and bruise them wel together, then let the sicke party make water into the hearbs, then straine them, and giue it the sicke to drinke.

A preseruation
against the Pestilence.

Take of *Sage*, *Rue*, *Brier leaues*, or *Elderleaues*, of each an handful, stampe them and straine them with a quart of

of white wine , and put thereto a little Ginger , and a good spooneful of the best Treacle, and drinke thereof morning and euening.

Take Smalledge, Mallowes, Wormewood, and Rue, stamp them wel together, and fry them in oyle Olyue, til they be thicke , plaisterwise apply it to the place where you would haue it rise, and let it lye vntil it breake, then to heale it vp, take the iuyce of smallage, heateflower, & milke, and boile them to a pultis, and apply it morning and euening til it be whole.

Take of *Burrage*, *Langdebecfe*, and *Callamint*, of each a good handful, of *Hartstongue*, *Red m. nt*, *Violets*, and *Marigolds*, of each halfe a handfull, boyle them in white wine, or faire running water, then adde 2 penny woorth of the best *Saffron*, and as much *Sugar*, and boyle them ouer againe wel, then straine it into an earthen pot, and drinke thereof morning and euening, to the quantity of seauen spoonfuls.

Take *Linseed*, and *Lettice*, and bruise it wel, then apply it to the stomacke, and remooue it once in foure hours.

For the Head-ach, you shal take of *rosewater*, of the iuyce of *Cammomil*, of *womans milke*, of strong *wine* *vernegar*, of each two spooneful, mixe them together wel vpon a chafing-dish of coales : then take of a peece of a dry rose cake and steepe it therein , and as soone as it hath drunke vp the lyquor and is throughly hot, take a couple of sound *Nutmegs* grated to powder, and strew them vpon the rose cake ; then breaking it into two parts, binde it on each side vpon the temples of the head, so let the party lye downe to rest, and the paine wil in a short space be taken from him.

For *Frenzie* or inflammation of the calleys of the braine, you shal cause the iuyce of *Beets* to be with a Serringe squirted.

How to draw a
plague botch
to any place
you will.

A Cordiall for
any infekcion
at the heart.

For the Head-
ache.

For the Frenzy.

squirted vp into the patients nostrils, which will purge and cleanse his head exceedingly; and then give him to drinke posset ale, in which *Violet* leavies and *Lettice* hath been boyled, and it will sodainely bring him to a very temperate mildnesse, and make the passion of *Frenzie* forsake him.

For the lethar-
gy.

For the Lethargie or extreme drowsines, you shall by all violent meanes either by noyse or other disturbances, force perforce keepe the party from sleeping; and whensoever he calleth for drink, you shal give him white wine and *Isop* water of each a little quantity mixt together, and not suffer him to sleepe aboue foure houres in foure & twenty, till he come to his former wakefulness, which as soone as he haue recouered, you shall then forthwith purge his head with the iuyce of *Beets* squirted vp into his nostrils as is before shewed.

To prouoke
sleepe.

But if any of the family be troubled with too much watchfulness, so that they cannot by any meanes take rest, then to prouoke the party to sleepe, you shall take of *Saffron* a dramme dryed, and beaten to pouder, and as much *Lettice* seed also dryed, and beaten to pouder, and twice as much white *Poppy* seed beaten also to pouder, and mixe these with womans milke till it be a thick salue, and then binde it to the temples of the head, and it will soone cause the party to sleepe; and let it lye on not aboue foure houres.

For the swim-
minge of the
head.

For the swimming or dizzing in the head, you shall take of *Agnus castus*, of *Broome wort*, and of *Camomile* dryed, of each two drammes mixt with the iuyce of *Rose*, oyle of Roses, and white wine, of each like quan- tity, till it come to a thicke salue, and then binde it to the temples of the head, and it will in short space take away the griefe.

For

For the *Apoplexie* or pallsie, the strong ſent or ſinell of a Foxe is exceeding oueraigne, or to drinke euery morning halfe a pint of the decoction of Lauendar, and to rub the head euery morning and euening exceeding hard with a very cleane courſe cloath, whereby the humours may be diſſolued and diſperſt into the outward parts of the body: by all meanes for this infirmitie keepe your ſeet ſafe from cold or wet, and alſo the nape of your necke, for from thofe parts it firſt getteþ the ſtrength of euill and vnauidable paynes.
For the pallsie:

For a cough or cold but lately taken, you ſhall take a ſpoonfull of ſugar finely beaten and ſearſt, and drop into it of the beſt *Aquaucte*, vntill all the ſugar be wette through, and can receive no more moysture: Then being ready to lyē downe to reſt, take and ſwallow the ſpoonefull of ſugar downe; and ſo couer you warme in your bed, and it will ſoone breake and diſſolue the cold.

But if the *cough* be more old & inuerterate, & more inwardly fixt to the lungs, take of the pouder of *Bettone*, of the pouder of *Carraway ſeeds*, of the pouder of *Shernit* dryed, of the pouder of *Hounds tongue*, and of *Pepper*, finely beaten, of each two drams; and mingling them well with clarifiéd hony make an electuary therof and drink it morning & euening for nine daies together: then take of *Sugar candy* courſely beaten, an ounce of *Licorice* finely peared & trimmed, and cut into very little ſmall ſhees, as much of *Aniseeds* and *Coriander ſeeds* halfe an ounce; mixe all theſe together, and keepe them in a paper in your pocket, and euer in the day time when the cough offendeth you, take as much of this dredge, as you can hold betweene your thumbe and fingers & eate it, and it will giue eaſe to your griefe: And in the night when the cough taketh you, take of the juice of *Liceris*.

as two good Barly cornes, and let it melt in your mouth and it wil give you ease.

For the falling sicknes.
Although the falling sicknes be seldome or never to be cured, yet if the party which is troubled with the same, wil but morning and euening, during the wane of the moone, or when she is in the signe *Virgo*, eate the berries of the hearbe *Asterion*, or beare the hearbs about him next to his bare skin, it is likely he shall finde much ease and fal very seldome, though this medicine be somewhat doubtful.

For the falling cuill.
For the falling cuill take, if it be a man, a female *mole*, if a woman a male *mole*, and take them in *March*, or else *April*, when they go to the Bucke : Then dry it in an ouen, and make powder of it whole as you take it out of the earth : then give the sick person of the powder to drink euening & morning for nine or ten daies together.

O F
An Oyle to helpe hearing.
To take away deafnes, take a gray Eele with a white belly and put her into a sweet earthen pot quick, & stop the pot very close with an earthen couer, or some such hard substance : then digge a deep hole in a horse dung-hill, and set it therein, and couer it with the dung, and so let it remaine a fortnight, and then take it out and cleare out the oyle which will come of it, and drop it into the imperfect eare, or both, if both be imperfect.

For the Rhume:
To stay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder : Then take bay salt and dry it and beate it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linnen bag, then heate it vpon a tile stone, and lay it to the nape of the necke.

For a stinking breath,
new budded out.
For a stinking breath, take Oak buds when they are new budded out, and distil them, then let the party giue nine mornings, and nine cuanings, drinke of it, then

then forbear a while, and after take it againe.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the waight of three Barley cornes, and beate it very small, and mixe it with conserue of Roses, and giue the Patient to eate in the morning, then let him take nine dayes together the iuyce of Mints and Sage, then giue him a gentle purgation, and let him vse the iuice of Mint and Sage longer. This medicine must be giuen in the spring of the yeare, but if the infirmitie come for want of digestion in the stomacke, then take *Mints*, *Maioram*, and *Worme-wood*, and chop them small and boile them in *Malmesie* till it be thicke, and make a plaister of it, and it to the stomacke.

A vomit for
an ill breath;

For the Tooth-ach, take a handful of *Dasie rootes*, and waue them very cleane, and drie them with a cloath, and then stamp them : and when you haue stamped them a good while, take the quantity of halfe a nutshel full of Bay-salt, and strew it amongst the roots, and then when they are very wel beaten, straine them through a cleane cloath : then grate some *Cattam Aromaticus*, & mixe it good and stiffe with the iuyce of the roots, and when you haue done so, put it into a quil and snuffe it vp into your nose, and you shall find ease.

Another for the Tooth-ake, take smal *Sage*, *Rue*, *Smal-
laze*, *Fetherfew*, *Wormewood*, and *Mints*, of each of them halfe a handful, then stampe them wel all together putting thereto foure drams of *vinegar*, and one dram of *Bay salt*, with a penny-worth of good *Aquavita*: stir them well together, then put it betweene two linnen clouts of the bignesse of your cheeke, temples, and iawe, and quilt it in manner of a course imbrodery : then set it vpon a chafing-dish of coales, and as hot as you may abide it, lay it ouer that side where the paine is, and lay you

For the Tooth-
ache.

Another.

you downe vpon that side, and as it cooles warme it againe, or else haue another ready warme to lay on.

A drinke for a
pearle in the
eye.

To make a drinke to destroy any pearle or flime in the eye: take a good handfull of *Marigold plants*, & a handfull of *Fennell*, as much of *May-weed* beate them together, then straine them with a pint of beere, then put it into a pot & stop it close that the strength may not goe out; then let the offendred party drinke thereof when he is in bed, & lie of that side on which the pearle is, & likewise drinke of it in the morning next his heart when he is risen.

For paine in
the eye.

For paine in the eies, take *Milke* when it comes new from the Cowe, and hauing syled it into a cleane vessell, cover it with a pewter dish, and the next morning take off the dish and you shall see a dew vpon the same, and with that dew wash the pained eies, & it will ease them.

For dimme
eyes..

For dimme eyes: take *Wormewood*, beaten with the gall of a Bull, and then strane it and annoynct the eyes therewith, and it will cleare them exceedingly.

or sore eyes:

For sore eyes, or blood-shotten eyes: take the white of an egge beaten to oyle, as much *Rosewater*, & as much of the myce of *Houſe-leake*, mixe them well together, then dippe flat pleageants therin, and lay them vpon the sore eyes, and as they drye, so renew them againe, and wet them, and thus doe till the eyes be well.

For waterie
eyes.

For watery eyces, take the juice of *Affodill*, *Mirrhe*, and *Saffron*, of each a little, and mixe it with twice so much white wine, then boyle it ouer the fire, then straine it and wash the eyes therewith, and it is a present helpe.

For a canker.

For a Canker or any sore mouth: take *Chervile* and beate it to a falue with old ale and *Allum water*, and annoynct the sore therewith, and it wil cure it.

A swelled
mouth.

For any swelling in the mouth: take the juice of *wormwood*,

wood, Cammomill, and Shirvitt, and mixe them with honey, and bath the swelling therewith, & it will cure it.

For the Quinsie, or Quinary, giue the party to drinke the hearbe Mouseare steept in ale or beere, and looke where you see a swine rub himselfe, and there vpon the same place rubbe a sleight stone, and then with it sleight all the swelling, and it will cure it.

If you would not be drunke, take the pouder of Betony and Coleworts mixt together ; and eate it every morning fasting as much as will lie vpon a sixpence, and it will preserue a man from drunkennesse.

To quicken a mans wits, spirit and memory ; let him take Langdebeefe, which is gathered in June or July, and the wit, beating it in a cleane morter ; Let him drinke the iuyce thereof with wafme water, and he shall finde the benefit.

If a man be troubled with the Kings euill, let him take the red docke and seeth it in wine till it be very tender, then straine it, and so drinke a good draught thereof, and he shall finde great eale from the same : especially if he doe continue the vsse thereof.

Take Frankinsence, Dous-dung, and Wheate-flower, of each an ounce, and mixe them well with the white of an egge, then plasterwise apply it where the paine is.

The oyle of Lyllyes if the head be annoynct therewith, is good for any payne therein.

Take Rewe, and steepe it in Vinegar a day and a night, the Rewe being first well bruised, then with the same annoynct the head twice or thrice a day.

Take the white of an egge and beate it to oyle, then put to it Rosewater, and the pouder of Alabaster ; then take flaxe and dippe it therin, and lay it to the temples, and renewe it two or three times a day.

For the Quinsie,

Against drunks
kennes.

For the Kings
euill,

Additions to
the particular
sickneses and
first of the
head and the
parts thereof &
the Kings.

Another.

For the head
ache and to stay
bleeding at the
nose.

C

Take

To draw out
bones broken
in the head. Take *Agrimonye* and bruise it, and plasterwise apply it to the wound, and let the party drinke the iuyce of *Betanice*, and it will expell the bones, and heale the wound.

For the falling
of the mould of
the head. Take the leaues of *Agrimonye*, and boile them in honny, till it be thicke like a plaister, and then apply it to the wound of the head warme.

For the Squy.
nancy. Take a table napkin or any linnen cloath, and wet it in cold water, and when yeu goe to bed apply it to the swelling and lie vpright; thus doe three or or foure times in a night till the swelling waste.

For the tooth
ake. Take two or three dock roots, & as many dayly roots, and boyle them in water till they be soft, then take them out of the water, and boyle them well ouer againe in oyle *Olive*, then straine them through a cleane cloath, and anoynt the pained tooth therewith, and keepe your mouth close, and it will not onely take away the payne, but also ease any megrem or griffe in the head.

To make teeth
white. Take a sawcer of strong vinegar, and two spoonefulls of the pouder of *Roch alom*, a spooneful of white salt, and a spoonefull of honny, seeth all these till it be as thinne as water, then put it into a close viol and keepe it, and when occasion serues wash your teeth therewith, with a rough cloath, and rub them soundly, but not to bleed.

To draw teeth
without yron. Take some of the greene of the elder tree, or the apples of oake trees, and with either of these rub the teeth and gummes and it will loosen them so as you may take them out.

For teeth that
are yellow. Take Sage and salt, of each a like, and stampe them well together, then bake it till it be hard, and make a fine pouder thereof, then therewith rub the teeth euening and morning and it will take away all yelownesse.

Fist let them bloud, then take Harts horne or Iuorie and red Pymernell, and bruise them well together, then put it into a linnen cloath and lay it to the teeth, & it will fasten them.

Take the iuyce of Louage and drop it into the eare, and it will cure any venome, and kill any worme, wigge or other vermine.

Take two ounces of comine and beate in a morter to fine pouder, then boile it in wine from a pottell to a quart, then drinke therof morning and evening as hot as you can suffer it, or otherwise take an ounce of wild time, and being cleane washed cut it small and then pouder it, then put to it halfe an ounce of peper in fine pouder, and as much comyne, mixe them all well together, and boile them in a pottell of white wine, till halfe be consumed, and after meate (but not before) vse to drinke thereof hot, also once in the afternoone and at your going to bed, and it will purge the breath.

Take red nettles and burne them to a pouder, then adde as much of the pouder of pepper, and mixe them well together, and snuffe thereto vnto the nose, and thus do diuers times a day.

Take old ale, and having boyld it on the fire, & clensd it, adde thereto a pretty quantity of lyfe hony and as much allom, then with a seiringe or such like wash the sores therewith very warme.

Take a gallond of running water, and boile it to a pottell, then put to it a handfull of red sage, a handfull of Cellandine, a handful of Honysuckles, a handful of woodbine leaues & flowers, then take a penniworth of graynes made into fine pouder, and boile all very well together, then put to it a quart of the best life hony of a yeaire old, and a pound of Rock allom, let al boyle

together till it come to a pottell, then straine it and put it into a close vessell, and therewith dresse and annoi[n]t the sores as occasion serues, it will heale any canker or ulcer, and cleanse any wound; It is best to be made at Midsomer.

To cleare the
eyes.

Take the flowers and rootes of Primrose cleane wash in running water, then boile them in faire running water the space of an houre, then put thereto a pretty quantity of white copperas, and then straine all through a linnen cloath and so let it stand a while, and there will an Oyle appeare vpon the water, with that oyle annoyn the lids and the browes of your eies, and the temples of your head, and with the water wash your eyes, and it is most soueraigne.

Another for
the sight.

Take Fifteene seeds of Gyneper, and as many, Gromell seeds, ffeue branches of Fenell, beate them all together, then boyle them in a pint of old ale till three parts be wasted; then straine it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes euery morning for the space of fifteene daies with your owne water, and it will cleare any decayed sight what soever.

For sore eyes. Take red Snayles, and seeth them in faire water, and then gather the oyle that ariseth thereof, and therewith annoi[n]t your eyes morning and euening.

For sicke eyes. Take a galiond or two of the dregges of strong ale, & put thereto a handfull or two of Comyne, and as much salt, and then distill it in a Lymbekke, and the water is most pretious to wash eyes with.

For bleared
eyes. Take Cellandine, Rue, Chervile, Plantaine, and anyse, of each alike, and as much fenell, as of all the rest, stamp them all well together, then let it stand two daies and two nights, then straine it very well and annoi[n]t your

your eyes morning and euening therewith.

Take an egge, and roſt extreme hard, then take the white being very hot and lapp in it as much white copperas as a peafe and then violently straine it through a fine cloath, then put a good drop thereof into the eye, and it is most ſoueraigne.

Take two drams of prepard *Tuffia*, of *Sandragon* one dram, of *Sugar* a dram, bray them all very well together till they be exceeding ſmall, then take of the pouder & blow a little thereof into the eye, and it is ſoueraigne.

A precious water for the eyes:
Take of *Red rose leaues*, of *Smalladge*, of *Maidens* haire, *Eufaace*, *endive*, *succory*, *red fennel*, *hill-wort*, and *cellandine*, of each halfe a quarter of a pound, wash them cleane and lay them in ſteepe in white wine a whole day, then ſtill them in an ordinary ſtill, & the firſt water will be like gold, the ſecond like ſiluer, and the third like balme, any of theſe is moft pretious for ſore eyes, and hath recouered ſight lost for the ſpace of Ten yeares, hauing been uſed but four dayes.

To make haire to grow
Take the leaues of *willow*, and boile them well in oyle and therwith annoiſt the place where you would haue any haire to grow, whether vpon head or beard.

Another.
Take *Treakle* water and hony, boyle them together, and wet a cloath therein, and lay it where you would haue haire to grow, and it will come ſpeedily.

For a pimpled face.
Take nine or ten egges and roſt them very hard, then put away the yolkes, & bray the whites very ſmall with three or four ounces of white *Copporas* till it be come to perfect oyntment, then with it annoiſt the face moring and euening for the ſpace of a weeke and more.

For the rhume
Take the rynde of *Iſſop*, and boile it or burne it and let the fume or smoke goe into the mouth and it will stay any rhume falling from the head.

For hoarsenes
in the throate.

For a dange-
rous coughs;

For the dry
cough.

For the sicke.

For grieses in
the stomacke.

Take a pint of running water, and three spoonefulls of hony and boile them together and skime off the filth, then put thereto on ounce of small *Raysons*, and straine it well through a cloath, and so drinke it morning and euening.

Take *Aquauite* and salt, and mixe it with strong old ale and then heate it on the fire, and therewith wash the foales of the feete when you goe to bed.

Take of cleane Wheate and of cleane Barly of each a like quantity, and put them into a gallond and a halfe of faire water, and boyle them till they burst, then straine it into a cleane vessell, and adde thereto a quarterne of fine *Lycoras* pouder, and two penyworts of gumme-*Arabecke*, then boyle it ouer againe and straine it, and keepe it in a sweete vessell, and drinke thereof morning and euening.

Take the best wort and let it stand till it be yellow, then boyle it and after let it coole, then put to it a little quantity of *barme* and *saffron*, and so drinke of it euery morning and euening while it lasteth, otherwise take *horehound*, *violet leaues*, and *Isop*, of each a good handfull, seeth them in water, and put thereto a little *Saffron*, *Lycoras*, and *Sugar-candy*, after they haue boyled a good while, then straine it into an earthen vessell, and let the sicke drinke thereof sixe spoonefull at a time morning and euening; or lastly, take the lunges of a Fox, and lay it in rose-water, or boyle it in rose-water, then take it out and dry it in some hot place without the sunne, then then beate it to pouder with *Sugar-candy*, and eate of this pouder morning and euening.

To ease paine in the stomacke, take *Endive*, *Mints*, of each a like quantity, and steepe them in white *Wine* a dayes space, then straining it and adding thereunto a little

little *Cinnamon* and *Pepper*, giue it to the sicke person to drinke, and if you adde thereto a little of the pouder of *Horse-mint* and *Calamint*, it will comfort the stomacke exceedingly, and occasion swift and good digestion.

For spitting of blood, whether it proceede of inward
bruises, ouerstraing or such like, you shall take some
pitch, and a little *Sperma Ceti*, and mixe it with old ale
and drinke it, and it will stay the flux of blood: but
if by meanes of the bruise any outward griefe remayne,
then you shall take the hearbe *Brockellhempe*, and frying
it with shepes tallow lay it hot to the grieved place,
and it will take away the anguish.

To stay the fluxe of vomiting take *Worme-wood*, and
sowre bread toasted of each like quantity, & beat them
well in a morter, then ad to them as much of the iuyce
of *mints*, and the iuyce of *Plantaine* as well bring it to
a thick salue: then fry them all together in a fryingpan,
& when it is hot lay it plaister wise to the mouth of the
stomacke, then let the party drinke a little white wine
and *cheruile* water mixt together, and then steepe fower
toasted bread in very strong *Vinegar*, wrapt it in a fine
cloath and let the sicke party smell thereto, and it will
stay the excesse of vomiting, and both comfort and
strengthen the stomacke.

If you would compell one to vomit, take halfe a
spoonefull of *Stonecrop*, and mixe it with three spoone-
full of white wine and giue it to the party to drinke, and
it will make him vomit presently, but do this seldome
and to strong bodyes, for otherwise it is dangerous.

For the *Iliaca passio*, take of *Polipody* an ounce, and
stampe it, then boyle it with prunes & violets in *fennell-*
water or *Anni-seeds*-water, take thereof a good quan-
tity, then strayne it and let the partie euery morning
C 4 and

Additions, and euening drinke a good draught thereof.
 to the diseases If the stomacke be troubled with windē or other
 of the stomach paine, take *Commine* and beate it to pouder, and mixe
 For the stom- with it red wine, and drinke it at night when you goe
 macks. to bed; diuers nights together.

F of the Illica
pascia.

Take *Brokelime* roots and leaues & wash them cleane
 and dry them in the Sunne, so dry that you may make
 pouder thereof, then take of the pouder a good quanti-
 ty, and the like of *Treakle*, and put them in a cup with
 a pretty quantity of strong o'd ale and stirre them well
 together, and drinke thereof first and last morning and
 euening for the space of three or fourte dayes, and if
 need doe require, vse the same in the brothes you doe
 eate, for it is very soueraigne.

For paine in
the breast.

Take *Hartshorree* or *Iuery* beaten to fine pouder, and
 as much *Cynamon* in pouder, mixe them with Vinegar,
 and drinke thereof to the quantity of seauen or eight
 spoonefuls.

For the Mo-
ther.

Take the water of *Mouscere*, and drinke thereof the
 quantity of an ounce and a halfe or two ounces, twice
 or thrice a day, or otherwise take a little *Nutmeg*, a lit-
 tle *Cinamond*, a little *Cloves*, a little *Mace*, and a very
 little *Ginger*, and the flowers of *Lauender*, beate all va-
 to a fine powder, and when the passion of the mother
 commieth, take a chaffingdish of good hot coales, and
 bende the Patient forward, and cast of the pouder into
 the Chaffingdish, so as she may receiuē the smoake both
 in at her nose and mouth, and it is a present cure.

Obstrucons
of the liuer.

Against obstructions in the Liuer, take *Aniseeds*, *A-
meos*, *Burnet*, *Camomile*, and the greater *Centuary*, and
 boyle them in white wine with a little hony, and drinke
 it euery morning and it wil cure the obstructions, and
 cleanse the Liuer from all imperfection.

Against

Agaynst the heate and inflammation of the Liuer,
take *Endiue* dryed to pouder, and the meale of *Lupin* Against the heat of the wood,
seedes, and mixe it with hony and the iuyce of *Worme-Liuer*.
make a cake thereof and eat it, and it wil affwage
the great heate and inflammation of the Liuer, and take
away the pimples and rednesse of the face which pro-
ceedeth from the same.

To prevent a *Plurisie* a good while before it come, there
is no better way then to vſe much the exercise of ring-
ing, or to stretch your armes vpward, so as they may
bear the weight of your body, and ſo to swing your
body vp and downe a good ſpace: but hauing caught a
Plurisie and ſee'ing the gripes, ſtiches, and pangs there-
of, you ſhal preſently cauſe the party to be let blood, &
then take the hearb *Althea* or *Hollyhocke*, and boyle it
with *vinegar* and *Linſeede* til it be thicke plaifter-wiſe,
and then ſpread it vpon a peece of *Allom Leather*, and
lay it to the ſide that is grieued, and it wil helpe it.

To help a ſtitch in the ſide or elſe where, take Doues
dung, red Rose leaues and put them into a bag, and quilt a little
it: then throughly heat it vpon a Chaffingdife of coales
with vinegar in a platiere: then lay it vnto the pained
place as hot as may be ſuffered, and when it cooleth heat
it againe.

For any extraordinary heate or inflammation in the Heate in the
Liuer, take *Barbaries* and boyle them in clarified whay,
and drinke them, and they wil cure it. Liuer.

If you wil make a Cordial for a Consumption or any For the Con-
sumption.
other weaknes: take a quart of running water, a peece of
Mutton and a peece of *Yeale*, and put them with the wa-
ter into a pot, then take of *Sorrel*, violet leaues, *Spine-
age*, *Endiue*, *Succory*, *Sage*, *H.ſſop*, of each a good quan-
tity; then take prunes and raisins, and put them all to
the

the broth, and seeth them from a quart to a pint, then straine the yolke of an egge and a little Saffron thereinto, putting in Sugar, whole Mace and a little white wine, so seeth them a while together, and let the party drinke it as warine as may be.

To staunch
blood.

To staunch blood, take the hearb *Shepheards-purse*, (if it may be gotten) distilled at the Apothecaries, and drinke an ounce thereof at a time morning and euening, and it wil stay any fluxe of blood natural or vnnatural, but if you cannot get the distilled water, then boyle a handful of the hearb with *Cinamon*, and a little *Sugar*, in *Claret* wine, and boyle it from a quart to a pint, and drinke it as oft as you please: so if you but rubbe the hearbe betweene your hands, you shal see it wil soone make the blood returne.

For the yellow laundisse.

For the Yellow Laundisse, take two penyworth of the best English Saffron, drye it, and grind it to an exceeding fine pouder, then mixe it with the pap of a rosted apple, and giue it the diseased party to swallow down, in the manner of a Pill, and doe thus diuers mornings together, and without doubt, it is the most present cure that can be for the same, as hath been often times prooued.

For the yellow laudisse.

For the Yellow Laundisse take Pimpernell and Chickeweed, stampe them and straine them into posset ale, and let the party drink thercof morning and euening.

For a desperate past cure.

For the Yellow Laundisse which is desperate and almost past cure: Take sheepes dung new made, and put it into a cup of Beare or Ale, and close the cup fast, and let it stand so al night, and in the morning take a draught of the clearest of the drinke, and giue it vnto the sicke party.

For the blacke Laundisse take the hearbe called *Penyryall*,

ryall, and cyther boyle it in white Wine , or drinke the
iuyce thereof simply by it selfe to the quantity of three For the blacke
or foure spooneful at a time, and it wil cure the blacke
Iaundisse.

Take of *Hyssop*, *Parsley*, and *Harts-tongue* , of each a Additions,
like quantity , and seeth them in wort til they be soft, ^{to the diates}
then let it stand til it be cold , and then drinke thereof ^{of the Liver For}
first and last, morning and euening. ^{wasting of the Liver.}

Take *Fenelroots*, and *Parsley roots*, of each a like, wash
them cleane, and pil off the vpper barke, and cast away ^{A restorative} for the Liver.
the pith within , then mince them smal, then put them
to three pints of water, and set them ouer the fire, then
take figges and shred them smal , *Lyeoras* and breake it
smal, and put them to the hearbs, and let al boile very
wel, then take *Sorrel* and stamp it and put it to the rest,
and let it boile til some part be wasted, then take a good
quantity of honey and put to it and boile a whi'e , then
take it from the fire and clarifie it through a straynet in-
to a glasse vessel, and stop it very close, then giue the sick
to drinke ther eof morning and euening.

Take the stalke of Saint Mary Garcicke, and burne it,
or lay it vpon a hot tyle stone vntil it be very drye, and ^{To heale a ring}
then beate it into pouder, and rub the sore therewith ^{worme coning} of the heate
til it be whole. ^{from the huer.}

Take *Wooll* in the *Walkmil* that commeth from the ^{To stanch}
cloath and flyeth about like Doune , and beate it into ^{blood.}
pouder, then take thereof and mixe it with the white of
an egge and wheate flower, and stampe them together,
then lay it on a linnen cloath or Lint and apply it to the
bleeding place, and it wil stanch it.

If a man bleed and haue no present helpe , if the ^{For gret den-}
wound be on the foot, bind him about the ankle , if in ^{ger in bleeding}
the legges bind him about the knee, if it be on the hand,
bind

bind him about the wrist ; if it be on the arme bind him about the brawne of the arme, with a good list, and the blood wil presently staunch.

For a stich.

A bath for the
Legs, sic.

For the dropsy.



Paine in the
spleene.

For paine in
the side.

For fernes and
short breath

Take good store of *Cynamon* grated , and put it into posset Ale very hot and drink it, and it is a present cure.

Take a gallond of running water, and put to it as much salt as wil make the water salt as the Sea water , then boyle it a good while, and bath the Legs therein as hot as may be suffered.

For the Dropsie, take *Agnus castus*, *Fennel*, *Affodill*, *darke Wal-wort*, *Lupins* and *Wormwoode*, of each a handfull, and boyle them in a gallon of white Wine, vntil a fourth part be consumed : then strayne it, and drinke it morning and euening halfe a pinte thereof , and it wil cure the Dropsie ; but you must be careful that you take not *Daffodil* for *Affodil*.

For paine in the Spleene, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* the great, and *Wormwood*, of each a handful, & boile them in a gallon of white wine, then straine it and let the patient drinke diuers mornings together halfe a pint thereof ; and at his vsual meales let him eyther drinke Ale, Beere, nor Wine , but such as hath had the hearbe *Tamoriske* steeped in the same, or for want of the hearbe, let him drinke out of a cup made of *Tamoriske* wood, and he shal surely find remedy.

For any paine in the side, take *Mugwort* and red *Sage*, & dry them betweene two tile stones, and then put it in a bag, and lay it to your side as hot as can be indured.

To helpe him that is exceeding fat, pursie, and short breathed : take hony clarified, and bread vnleauened & make roasts of it, and dippe the roasts into the clarified hony, and eate this diuers times with your meate.

Take a lump of yron or Steele, and heat it red hot, and quench

quench it in Wine, then giue the wine to the sick party **Additions,**
to drinke.

Take *Fenel* seeds and the roots, boile them in water, and after it is cleansed put to it hony and giue it the party to drinke, then seeth the heartbe in oyle and wine together, and playster wise apply it to the side.

To the diseases
of the Spleene:

For the Spleen,
For the stopping
of the Spleene.

Make a playster of *Worme-wood* boyled in oyle, or For the hardnes make an oyntment of the iuyce of *Worme-wood*, of *Vi-* of the Spleene.
negar, *Armoniacke*, *Waxe*, and *Oyle*, mixt and melted together, and annoynnt the side therewith, eyther in the Sunne, or before the fire.

Take the pouder of *Galingal*, and mixe it with the iuyce of *Burrage*, and let the offended party drinke it the heart. with sweet wine.

Take *Rosemary* and *Sage*, of each an handful, and seeth them in white wine or strong Ale, and then let the patient drinke it lukewarme.

For the passion
of the heart.

For heart sick-
nesse.

Take the juice of *Fenell* mixt with hony, and seeth them together til it be hard; and then eate it Evening For fatnesse
about the hart. and Morning, and it wil consume away the fatnesse.

For the wind *Collicke*, which is a disease both general and cruel, there be a world of remedies, yet none more approued then this which I wil repeate: you shal take a Nutmeg sound and large, and diuide it equally into foure quarters: the first morning as soone as you rise eate a quarter thereof; the second morning eate two quarters, and the third eate three quarters, and the fourth morning eate a whole Nutmegge, and so hauing made your stomacke and tast familiar therewith, eate euery morning whilst the *Collicke* offendeth you a whole Nutmeg dry without any composition, and fast euer an houre at least after it, and you shal find a most vnspakeable profit which wil arise from the same.

For.

The Wind Col-
lick

For the winde Collick, take a good handful of cleane wheat meale as it commeth from the Mil, and two egs, and a little wine-vinegar , and a little Aquauite , and mingle them altogether cold, and make a cake of it, and bake it on a gridyron with a soft fire , and turne it often and tend it with basting of Aquavite with a feather ; then lay it somewhat higher then the paine is , rather then lower.

~~For the Laske,~~ For the Laske or extreame scouring of the belly, take the seeds of the Wood-rose, or Bryer-rose , beate it to pouded, and mixe a dramme thereof with an ounce of the conserue of Sloes and eat it , and it will in a short space bind and make the belly hard.

~~For the bloody-flux,~~ For the bloody-flux, take a quart of Red-wine, and boile therein a handful of Shepheards purse til the heareb be very soft : then straine it , and adde thereto a quarter of an ounce of Cynamon , and as much of dryed Tanners barke taken from the ouze, and both beaten to fine pouder , then giue the party halfe a pint thereof to drinke morning and euening; it being made very warm, and it will cure him.

~~To stay a sore Laske,~~ To stay a sore Laske, take Plantaine water and Cynamon finely beaten , and the flowers of Pomgranats, and boile them wel together , then take Sugar, and the yolke of an egge, and make a caudle of it, and giue it the grieved party.

For the Fluxe.

For the Flix take a Stags pizzel dried and grated and giue it in any drinke, either in Beere, Ale, or Wine, and it is most loueraigne for any Flix whatsoever : So is the iawe bones of a Pike, the teeth and all dried and beaten to pouder, and so giuen the party diseased in any drinke whatsoever.

To cure the worst bloody Flix that may be, take a
quart

quart of red-wine, and a spooneful of *Commin. seede*, boile them together vntil halfe be consumed, then take ^{For the wort Fluxe.} Knot-grasse and Shepheards purse, and *Planta-ne*, and stampe them seueral, and then straine them and take of the iuyce of each of them a good spoonful, and put them to the wine, and so seeth them againe a little: then drinke it luke-warme, halfe ouer-night, and halfe the next morning: and if it fal out to be in Winter, so that you cannot get the hearbs, then take the water of them hearbs distil'd, of each 3 spoonfuls, and vse it as before.

For extreame costiuenesse, or binding in the body, so as a man cannot auoid his excrements, take *Anniseedes*, ^{For costiuenesse.} *Fennicreet*, *Linseeds*, and the powder of *Pyonie*: of each halfe an ounce, and boile them in a quart of white wine, and drinke a good draught thereof, and it wil make a man goe to the stoole orderly, and at great ease.

For wormes in the belly, either of child or man, take *Aloes Cikatrine*, as much as halfe a hazel Nut, and wrap it in the pap of a roasted apple, and so let the offended party swallow it in manner of a pil fasting in the morning, or else mixe it with threecor foure spoonful of Mus-kadine, and so let the party drinke it, and it is a present cure: But if the child be either so young, or the man so weake with sicknesse, that you dare not administer anything inwardly, then you shal dissolve your *Aloes* in the oyle of *Sanine*, making it salue-like thick, then plaister wise spread it vpon Sheepes Leather, and lay it vp on the nauil and mouth of the stomachke of the grieued party, and it wil giue him easle; so wil also vnset Leekes chopt smal and fryde with sweet butter, and then in a linnen bag apply it hot to the nauil of the grieued party.

Take a quart of red wine, and put to it three yolkes of egges, and a penyworth of long pepper and graines, and boyle

Additions, boyle it wel and drinke it as hot as can be suffered, or o-
to the diseaseth
of the belly and
For the greater ease
last, morning and euening.

For the bloody fluxe. Take an egge and make a little hole in the top, and put
out the white, the fil it vp againe with *Aquavite*, stir-
ring the egge and *Aquavite* til it be hard, then let the
party eate the egge and it wil cure him, or otherwise
take a pint of red wine and nine yolkes of egges, and
twenty pepper cornes smal beaten, let them seeth vntil
they be thicke, then take it off and giue the diseased par-
ty to eate nine spoonful morning and euening.

For an easie
Laske.

Take of *Rue* and *Beets* a like quantity, bruise them &
take the iuyce, mixe it with clarified hony, and boyle it
in red wine, and drinke it warme first and last meining
and euening.

To haue two
stooles a day
and no more.

Take *Mercury*, *Sinkefoile*, and *Mallowes*, and when
you make pottage or broth with other hearbes, let these
hearbs before named, haue most strength in the pot-
tage, and eating thereon it wil give you two stooles and
no more.

For hardnesse of
the belly or
wombe.

Take two spoonesful of the iuyce of luye Leaues,
and drinke it three times a day; and it wil dissolute the
hardnesse.

Against Co-
stuchiise.

Take the barkes of the rootes of the Elder tree, and
stampe it, and mixe it with old Ale, and drinke thereof
a good harty draught.

For the wind
Collicke.

Take the crummes of white bread, and steepe it in
Milke, with *Allom*, and adde Sugar vnto it and eate it, &
it wil open the belly.

For the stoping
of the wombe.

Take the kernels of three Peach stones, and bruise
them, seauen cornes of case pepper, and of sliced gin-
ger

ger a greater quantity then of the pepper, pound all together grecly and put it into a spoonfull of Sacke which is the best) or else white wine or strong ale, and drinke it off in a great spoone, then fast two houres after and walke vp and downe if you can, if othe: wise, keepe your ſelfe warme, and beware of melancholy. It may be an enemy at all times.

Take of *Dasies*, *comfrey*, *Polpoli*, of the oake and *Auenis* of each halfe a handful, two roots of *Oſmund*, boile them in ſtrong Ale and hony, and drinke thereof mor. tunc. For the Rup-ning, noone, and night, and it will heale any reasonable ſruption. Or otherwise take of *mallage*, *Comfrey*, *ſet-well*, *polypody* that growes on the ground like *fearne*, *daiſies*, and *mores*, of each a like, ſtampe them very ſmall, & boyle them well in *Barme*, vntill it be thick like a pultis, and ſo keepe it in a close vefſell, & when you haue occaſion to vſe it, make it as hot as the party can ſuffer it, and lay it to the place grieued, then with a trusſe, trusſe him vp cloſe, & let him be carefull for ſtraining of himſelfe, and in a few dayes it will knit, during which cure giue him to drinke a draught of red wine, and put therein a good quantity of the flower of *ſetches* finely boulted, ſtirring it well together, and then fast an houre after.

For the violent paine of the ſtone, make a posſet of milke and ſacke, then take off the curd, and put a handfull of *Camomill* flowers into the drinke, then put it into a pewter pot and let it ſtand vpon hot imbers, ſo that it may diſſolve: and then drinke it as occaſion ſhall ſerue: Other for this griefe take the ſtone of an Oxe gall, and dry it in an ouen, then beate it to pouder, and take of it the quanitie of a haſſill-nut with a draught of good old ale or white wine.

For the Colucke and ſtone, take hawthorne berries,

The collicke
and stone.

Another.

A powder for
the collicke
and stone.

Another.

the berries of sweete briars, and ashen keyes, and dry them every one severally vntil you make them into pouder, then put a little quantity of euery one of them together, then if you thinke good put to it the pouder of *Licoras* and *Annis* seeds, to the intent that the party may the better take it, then put in a quantity of this pouder in a draught of white wine, and drinke it fasting. Otherwise you may take smallage-seede, *Parsley*, *Luage*, *Saxifrage*, and *broome-seede*, of each one of them a little quantity, beate them into a pouder, and when you feele a fit of either of the diseases, eate of this pouder a spoonfull at a time either in pottage, or else in the broth of a chicken, and to fast two or three houres after.

To make a pouder for the collicke and stone, take fennell, tansley-seede, aniseed, and carraway seede, of each the waight of sixe pence, of gravel seede, *saxifrage* seede, the roots of *Fistula*, *l. coras*, of each the waight of twelve pence, of galligall, spikenard, and *Cinnamon*, of each the waight of eight pence, of *Seena* the waight of 17. shillings good waight, beate them all to pouder and scarce it, which will waigh in all 25. shillings & 6. pence: This pouder is to be giuen in white wine and sugar in the morning fasting, & so to continue fasting two houres after, and to take of it at one time the waight of ienne-pence or twelve pence.

Other Physitians for the stone take a quart of renish or white wine, and two limons, and pare the vpper rinde thinne, and slice them into the wine, and as much white soape as the waight of a groate, and boyle them to a pialt, and put thereto sugar according to your discretion; and so drinke it keeping your selfe waine in your bed, and lying vpon your backe.

For the stone in the reynes, take *Ameeos*, *Cawemill*,
Maidens-

Maiden-haire, Sparrow-tongue, and Filapendula, of each a like quantity, dry it in an ouen, and then beate it to pouder, and euery morring drinke halfe a spoonefull therof with a good draught of white wine, and it will helpe.

For the stone in the bladder, take a Radish roote and slit it crosse twice, then put it into a pint of white wine, and stoppe the vessell exceeding close: then let it stand all one night, and the next morning drinke it off fasting, and thus doe diuers mornings together, & it will helpe.

For the stone in the bladder take the kernells of sloes and dry them on a tile-stone, then beare them to pouder, then take the rootes of *Alexanders, parsly, pellitory, and holihocke*, of euery of their roots a like quantity, and seeth them all in white wine, or else in the broath of a young chicken: then straine them into a cleane vessell, and when you drinke of it, put into it halfe a spoonefull of the pouder of slow kernels. Also if you take the oyle of Scorpion, it is very good to annoynce the members, & the tender part of the belly against the bladder.

To make a bath for the stone, take *mallowes, holihocke, and lilly roots, and linseed, pellitory of the wall,* and seeth them in the broth of a sheepe's head, and bath the reynes of the backe therewith oftentimes, for it will open the straightnes of the water conduits, that the stone may haue issue, and asswage the paine, and bring out the grauell with the vrine: but yet in more effect, when a plaister is made and laid vnto the reynes and belly immediately after the bathing.

To make a water for the stone, take a gallond of new milke of a red Cow, and put therein a handfull of *Pellitory of the wall, and a handfull of wild time, and a handfull of Saxifrage & a handfull of Parsly, & two or three radish*

radish roots sliced and a quantity of *Philipendula* roots; let them lie in the milke a night, and in the morning put the milke with the hearbs into a still, and distill them with a moderate fire of char cole or such like: then when you are to vse the water, take a draught of renish wine or white wine, and put into it five spoonefull of the distilled water, and a little sugar and nutmeg sliced, and then drinke of it, the next day meddle not with it, but the third day doe as you did the first day, and so euery other day for a weekes space.

Dificulty of
Vrine.

For the difficulty of vrine, or hardnesse to make wa-
ter, take *Smallage*, *Dill*, *Any-seeds* and *Burnet*, of each a
like quantity, and dry them and beate them to fine pou-
der, and drinke halfe a spooefull thereof with a good
draught of white wine.

For hot vrine.

If the Vrine be hot and burning, the party shall vse
euery morning to drinke a good draught of new milke
and sugar mixt together, and by al meanes to abstaine
from beere that is old, hard, and tart, & from all meates
and sawces which are sowre and sharpe.

For the bran-
gulation.

For the strangullion, take *Saxifrage*, *Polipody*, of the
Oake, the roots of beanies, and a quantity of *Rayns*, of
euery one three handfull or more, and then two gal-
londs of good wine, or else wine lees, and put it into
a slerpentary and make thereof a good quantitiy, & giue
the sicke to drinke morning and euening a spoonefull
at once.

For pissing in
bed.

For them that cannot hold their water in the night
time, take *Kidds* hoofe and dry it and beate it into pou-
der, and giue it to the patient to drinke, either in beeies
or ale foure or fife times.

For the rup-
ture.

For the rupture or bursnesse in men, take *Comphry*
and *Ferneaswund*, and beate them together with
yellow

yellow waxe and Deares suet vntil it come vnto a salue, and then apply it vnto the broken place, and it wil knit it: also it shal good for the party to take *Comphry* roots, and rost them in hot imbers as you rost Wardens, and let the party eate them, for they are very soueraine for the rupture, especially beeing eaten in a morning fasting, and by al meancs let him weare a strong trusse til he be whole.

Take *Goates* clawes and burne them in a new earthen pot to pouder, then put of the pouder into broth or pot-
tage and eate it therein, or oþer wise take *Rue*, *Parsley*, *of the reines* & *and gromel*, and stampe them together and mixe it with
wine and drinke it.

Take *Agnus castus* and *Castoreum* and seeth them to-
gether in wine and drinke thereof, also seeth them in
vinegar and hot lþp it about the priuy parts, and it wil
heipe.

Take *Malmsey* and Butter, and warme it and wash the
reines of the backe, whereupon you find paine, then take
oyle of mace and annoynct the backe therewith.

First wash the reines of the backe with warme white
wine, then annoynct al the backe with the ointment cal-
led *Perstuane*.

Take a ieg of Beefe, a handful of *Fenel* roots, a hand-
ful of parsel roots, two roots of *comphry*, one pound of
raisins of the Sunne, a pound of *damaske prunes*, and a
quarter of a pound of *dates*, put al these together, and
boile them very soft with sixe leaues of *mp*, sixe leaues
of clary, twelve leaues of *bittary* of the wood, and a lit-
tle *harts-tongue*, when they are sod very soft, take them
into the same broth againe with a quart of *sacke*, and a
penny-worth of large mace, and of this drinke at your
pleasure.

For the Hemeroides, which is a troublesome and a sore griefe, take of *Dilk*, *Dogge-fennell*, and *Pellitory of Spaine*, of each halfe a handfull, and beate it in a morter with sheeps suet and blacke sope till it come to a salue, and then lay it plasterwise to the sore, and it will giue the griete ease.

For the piles or Hemeroids. For the piles or Hemerods, take halfe a pinte of ale, and a good quantity of pepper, and as much allome as a walnut : boyle all this together till it be as thicke as birdlime or thicker, this done take the iuyce of white violets, and the iuyce of housleeke, and when it is almost cold, put in the iuice and straine them all together, and with this oyntment annoynnt the sore place twice a day. Other wise for this griefe take lead and grate it small, and lay it vpon the sores : or else take muskles dried and beare to pouder, and lay it on the sores.

If a mans fundament fall downe through some cold taken or other cause, let it be forthwith put vp againe : then take the pouder of *Towne cresses* dried, and strew it gently vpon the fundament, and annoynnt the reines of Additions, the backe with hony, and then about it strew the pouder of *Cummin* and *Calafine* mixt together, and ease will come thereby.

Take a great handfull of *orpyns*, and bruise them betweene your hands till they be like a salue, and then lay them vpon a cloth & bind them fast to the fundament.

To helpe the greene sicknesse, take a pottle of white wine and a handfull of *Rosemary*, a handfull of *wormewood*, an ounce of *cardus benedictus* seed, a dramme of *Cloves*: all these must be put into the white wine in a jugge, and couered very close, and let it steepe a day and a night before the party drinke of it, then let her drinke of it euery morning and two houres before supper: and

and to take it for a fortnight, and let her stirre as much as she can, the more the better, and as earely as she can: Otherwise for this sicknesse take *Isop*, *Fennell*, and *Pennyroyall*, of these three one good handfull, take two ounces of *Currants*, seeth these in a pint of faire water to the halfe, then straine the hearbs from the liquor, and put thereto two ounces of fine sugar, & two spoonefulls of white wine vinegar, let the party drinke euery morning foure spoonefulls thereof and walke vpon it.

To increase a womans milke, you shall boyle in strong posset-ale good store of *Colworts*, and cause her to drink To increase a womans milke. every meale of the same, also if she vse to eate boyled *Colworts* with her meate, it will wonderfully increase her milke also.

To dry vp womans milke, take red sage, and hauing stampit it and strayned the iuyce from the same, adde thereunto as much wine vinegar, and stirre them well together, then warming it on a flat dish ouer a few coales steepe therein a sheete of browne paper, then making a hole in the midst thereof for the nipple of the breast to goe through, couer all the breast ouer with the paper, and remoue it as occasion shal serue, but bevery carefull it be laid very hot to. Some are of opinion, that for a woman to milke to her breasts vpon the earth will cause her milke to dry, but I referre it to triall.

To helpe womens sore breasts, when they are swelled or else inflamed: Take violet leaues and cut them small, and seeth them in milke or running water with wheate bran, or wheate bread crummes: then lay it to the sore as hot as the party can indure it.

If a woman haue a strong and hard labour: Take Foreas in child bearing. souie spoonefull of another womans milke, and giue

it the woman to drinke in her Labour, and she shal be deliuert presently.

Child dead in
the woxbe.

If a woman by mischance haue her child dead within her, she shal take vitander, Felwort, and Penroyall, and stampe them, and take of each a spoonful of the iuyce, and mixe it with old wine and giue it her to drinke, and she shal soone be deliuered without danger.

Aptnesse to
conceive.

To make a woman to conceiue, let her either drinke Mugwort steeped in wine, or else the pouder thereof mixed with wine, as shall best please her tast.

Take the pouder of Corrall finely ground and eate it

Additions, in a reare egge, and it will stay the flux.

To women in
fumities.

Against womens Termes make a pessary of the ioyce of Mugwort, or the water that it is sodden in and apply it, but if it be for the fluxe of the flowers, take the iuyce of plantaine and drinke it in red wine.

To cesse wo-
men flowers.
Against the
flowers.

For the matrix.

Take a Fomentation made of the water wherein the Leaves and flowers of Tulson is sodden to drinke vp the superfluities of the Matrixe, it cleanseth the entrance, but this hearbe would be gathered in haruest; if a woman haue paine in the Matrixe, set on the fire water that Amomure hath bin sodden in, and of the decoction make a pessary and it wil giue ease.

A general purg-
for a woman in
child bed.

Take two or three egges, and they must be neyther rost nor raw, but betweene both, and then take butter that salt never came in, and put it into the egges and sup them off, and eate a peece of browne bread to them and drinke a draught of small Ale.

To deliuere the
dead bith.

To increase
milk.

Take the root of Arisiolockia rotunda and boyle it in wine and oile; make a fomentation therieof and it helps.

Take the buds and tender crops of Briony, and boile them in broth or pottage, and let the woman eat therieof, it is soueraine.

Take

Take *Mugwort*, *motherwort*, and *mints*, the quaintyn
of a handful in al, seeth them together in a pint of *malm-*
sey, and giue her to drinke thereof two or three spoone-
ful at a time, and it wil appeaseth her swounding.

For a woman
that is new
brought in bed,
and loundeth
much.

Take *Herbane* stamped and mixt with vinegar and ap-
ply it plaisterwise ouer al the forehead, and it wil cause ^{To prouoke} sleepe.

Take *Sage*, *Smallage*, *mallowes*, and *Plantaine*, of each ^{For sore brests.}
an handful beat them al wel in a morter, then put vnto
them oatemeale and milke, and spread it on a fine linnen
cloath an inch thicke, and lay it to the brest or brests, or
otherwise take white bread Leauen and straine it with
Creame, and put thereto two or three yolkes of egges,
Salt, oyle, or oyle of *Roses*, and put it vpon a soft fire til
it be warme, and so apply it to the brest

For Morphew, whether it be white or blacke, take of ^{For Morphew}
the *Lethargy* of gold a dram; of vnwrought Brimstone of bothe kinds.
two drams, beate them into fine pouder, then take of the
oyle of *Roses*, and *swines* grease, of each a like quantity,
and grind them al together with halfe a dram of *cam-*
phire and a little venegar; and annoynct the same there-
with morning and euening.

To breed haire, take *Southern-wood* and burne it to ^{To breed haire.}
ashes, and mixe it wel with common oyle, then annoynct
the bald place therewith morning and euening, and it
wil breed haire exceedingly.

For the gout, take *Aristolochia rotunda*, *Althea*, *Bet-*
sony, and the rootes of wild *Necepe*, and the rootes of the
wild *docke* cut in peeces after the vpper Rind is taken a-
way, of each a like quantity, boyle then al in running
water til they be soft and thicke: then st. mpe them in a
morter as smal as may, and put thereto a little quan-
tity of chimney soot, and a pint or better of new milke

^{For the Gout.}

ot a Cow which is all of one entire colour, and as much of the vrine of a man that is fasting, and hauing stirred them all wel together, boyle them once againe on the fire, then as hot as the party can suffer it, apply it to the grieved place, and it wil give him ease.

For the Ciatice

For the *Cyatice*, take of Mustard seed a good handfull, and as much in weight of Hony, and as much in weight of figges, and crummes of white bread halfe so much, then with strong vinegar beate it in a morter till it come vnto a salue, then apply it vnto the grieved place, and it will give the grieved party ease, so also a plaister of *Oxicrotium*, if it be continually warme vpon the same.

For any payne
of swelling, or
the stinging of
Venemous
beasts.

To helpe all manner of swellings or aches, in what part of the body souuer it be, or the stinging of any venomous beast, as *Adder*, *Snake*, or such like: take *Horehound*, *Smallage*, *Porrets*, small *mallowes*, and wild *tansey*, of each a like quantity, and bruise them or cut them small: then seeth them altogether in a pan with Milke, *oatemcale*, and as much Sheepes suet, or Deares suet as an Hens egge, and let it boyle till it be a thicke playster, then lay it vpon a blew woollen cloath, and lay it to the grieve as hot as one can suffer it.

For swellings
in the legs, or
feete.

For any swelling in the legges or feete, take a good handful of water Cresses and shread them small, and put them in an earthen pot, and put thereto thicke Wine Lees, and wheat bran, and Sheep's suet, of each of them alike quantity, and let them boile together vntill they be thicke, then take a linnen cloth bind it about the sore and swelling as hot as the party grieved can endure it, & let it remayne on a whole night, and a day without any remouing, and when you take it away lay to it a fresh plaister, hot, as before, and it wil take away both the paine

paine and the swelling. Other Surgions for this griete take hony and beere and heat them together, and therewith bath the swelling both morning and euening.

To wash any sore or Vlcer, take running water and *Bole armoniacke* and *Camphire*, and boyle them together and dip in a cloath, and lay it to the sore as hot as may be indured, also *Plantaine Water* is good to kill the heate of any iore: or if you take Woodbine leaues and bruise them smal, it wil heale a sore; or if you wash a sore with *Veriuyce*, that hath beene burnt or scalded, it is a present remedy.

There be diuers others which for this griefe, take the greent of Goose dung and boyle it in fresh butter, then strayne it very cleane and vse it. Also *Sallet oyle* and Snow water beaten together, will cure any scald or burning.

To cure any old sore how grieuous soever it be, take of new milke three quarts, a good handful of *Plantain* For any olde *leaves* and let it boile til a pint be consumed: then adde three ounces of *Allom* made in powder, and one ounce and a halfe of white *sugar candy* powdered. Also then let it boile a little til it haue hard Curd, then straine it, with this warme wash the Vlcer, and all the member about it: then dry it, and lay vpon the vlcēr, *vnguentum Basilicon* spread on lint, and your *diminium* plaister ouer it, for this strengthneth and killeth the itch: but if you find this is not sharpe enough, then take of milke a quart, *Allom* in pouder two ounces, vinegar a spoonful, when the milke doth feeth, put in the *Allom* and vinegar: then take off the curd, and vse the rest as was before said, and it wil cure it.

For scabs or itch take *vnguentum populion*, and there- with appoint the party and it wil helpe, but if it be more For any scabe or itch, strong

strong and ranke, take an ounce of *Nerue oyle* and thre penyworth of *Quicksiluer*, and beate and worke them together, vntil you see that assuredly the *Quicksiluer* is Kild, then let the party annoynce therewith the palmes of his hands, the boughs at his elbowes, his arme pits and hams, and it wil cure al his body.

For the Lepro-
sie.

To cure the Leprosie, take the iuyce of *colirorts*, and mixe it with *Allom* and strong Ale, and annoynce the Leper therewith morning and euening, and it wil cleanse him wonderfully, especially if he be purged first, and haue some part of his corrupt blood taken away.

To take away
pim ples.

To take away either pimples from the face, or any other part of the body, take Virgin wax, and *Spermaceti*, of each a like quantity; and boyle them together, and dip in a fine Linnen cloath, and as it cooles dippe it wel of both sides, then lay it vpon another faire cloath vp on a table, and then fold vp a cloath in your hands, and al to sligh it with the cloath, then take as much as wil cover the grieved place.

Priuy parts,
but not.

If any man haue his priuy parts burnt, take the ashes of a fine Linnen cloath in good quantity, and put it into the former oyle of egges, and annoynce the sore member therewith, and it wil cure it.

Tumours &c.

For any burning, take sixe new layd egges and roast them very hard, and take out the yolkes thereof, & put them into an earthen pot, and set it ouer the fire on hot imbers, and then whilst the egges looke blacke, stirre them with a slice til they come to an oyle, which oyle take and clarifie and put into a glasse by it selfe, & therewith annoynce any burning, and it wil cure it.

For any scald-
ing.

For any scalding with hot water, oyle or otherwise; take good creame, & set it on the fire, and put into it the greene which growes on a stony wal, take also yarrow, the

the greene of elder barke and fire grasse, and chop them small, then put them into the creame, and stirre it well till it come to a oyle ſalue, then ſtraine it and annoynce the ſore with it.

To drye vp any ſore, take *Smallage, Groundſill, wild mallowes and violet leaues*: chop them ſmall and boyle ^{A pulſis to dry a fore.} them in milke with bruised *Oatemeale* and ſheepes ſuet, and ſo apply it to the ſore.

To eate away dead fleſh, take *Stubble-wort*, and fold it vp in a red docke leafe, or red wortleaf, and ſo roſt it ^{To eate away dead fleſh.} in the hot imbers and lay it hot to any ſore, and it will fret away all the dead fleſh, or otherwife, if you ſtreu vpon the ſore a little Precipitate it will eate away the dead fleſh.

To make a water to heale all manner of wounds, you ^{A water to heale wounds.} ſhall take *Iuph wort* flowers, leaues and roots, and in *March* or *Apriall* when the flowers are at the beſt, diſtill it, then with that water bath the wound, and lay a linnen cloth well therewith in the wound, and it will heale it.

To heale any wound or cut in any fleſh or part of the body: First if it be fit to be ſticht ſtich it vp, and then ^{To heale any wound.} take *Vnguentum aurum*, and lay it vpon a pieagent of lint as bigge as the wound, and then ouer it lay a *dimum* plaifer made of Sallet oyle and red lead, and ſo drefſe it at leaſt once in foure and twenty houres, but if it be a hollow wound, as ſome thrust in the body or other members, then you ſhall take *Balsamum cephalicum*, and warming it on a Chafing dish and coales, dip the tent there in and ſo put it into the wound, then lay you plaifer of *dimum* ouer it, and do thus at leaſt once a day till it be whole.

If a mans ſinewes be cut or ſhrunke, he ſhall goe to ^{For ſinewes. cut or ſhrunke,} to the roote of the wild neepe which is like woodbine, and

and make a hole in the midst of the roote, then couer it wel againe that no ayre goe out nor in, nor raine, nor other moysture : thus let it abide a day and a night, then go and open it, and you shal finde therein a certayne lyquor : then take out the lyquor and put it into a cleane glasse, and doe thus euery day whilst you finde any moysture in the hole ; and this must onely bee done in the moneths of *April* and *May* : then annoynce the sore therewith against the fire, then wet a linnen cloath in the same lyquor, and lap it about the sore, and the vertue wil soone be perceiued.

To breake any
Impostume.

To breake any Impostume, and to ripe it only, take the greene *Melilot* plaister, and lay it thereunto, and it is sufficient.

Take *Plantaine* water, or *Sallet oyle* and running wa-
Additions, ter beaten together, and therewith annoynce the sore

G with a feather, till the fire be taken out, then take the *To generallin.* white of egges, and beate them to oyle, which done, *huncies of Sur-* take a Hare skinne and clip the haire into the oyle, and *gerie, and h. of* bu n.ags and make it as thicke as you may spread it vpon a fine linnen *scalding:* cloath, and so lay it vpon the sore, and remooue it not, *For burning, or* scalding, with vntill it be whole, and if any rise vp of it selfe, clip it *cyther Lyquer,* away with your sheares, and if it bee not perfectly *or Gunpowder.* whole, then take a little of the oyntment and lay it vn-
to the same place againe : otherwise take halfe a bushell of *Glouers* shreads of all sortis, and so much of run-
ning water as shal be thought conuenient to seeth them, and put thereto a good quarter of a pound of *Barrowes* *grease,* and then take halfe a bushell of the doun of *Catis tailes,* and boyle them altogether, continually stirring them, vntill they be sodden that they may be strayned into an earthen pot or glasse, and with it an-
noynt the sore.

Or

Or else take of *Caprefollyj*, *Mouseare*, *ground-Iuy*,
and *Hens dung* of the reddest or of the yellowest, and
frie them with *May-butter* altogether vntil it be brown,
thkn straine it through a cleane cloath, and annoynt the
sore therewith.

Take the middle rind of the *E'me tree*, and lay it two
or three houres in faire running water till it waxe ryde <sup>For burnings
or calldings on the face.</sup>
like glew, and then annoynt the sore therewith: Or o-
therwise, take shepes tallow and shepes dung, and
mixe them together till they come to a salue, and then
apply it to the sore.

Take *Plantaine* leaues, *daisie* leaues, the greene barke
of *Elders*, and greene *Germaunders*, stampe them alto-
gether with fresh butter or with oyle, then straine it
through a linnen cloath, and with a feather annointe the
sore till it be whole. <sup>An oyntment
for burning.</sup>

Take of *oyle Olie* a pint, *Turpentine* a pound, *vni-*
wrought wax halfe a pound, *Rosen* a quarter of a pound,
sheeps Suet two pound, then take of *Orpents*, *Smallage*,
Ragwort, *Plantaine*, and *Sickle-wort*, of each a good
handful, chop all the hearbs very smal, and boile them
in a pan altogether vpon a soaking fire, and stirre them
exceeding much till they be wel incorporate together,
then take it from the fire and straine al through a strong
canuasse cloth into cleane pots or glasses, and vse it as
your occasion shal serue, eyther to annoiint, taint, or plai-
sier.

Otherwise take *Poplar* buds, and *Elder* buds, stampe *Vlcers & Soress*.
and straine them, then put thereto a little *Venice-tur-*
pentine, *Waxe*, and *Rosin*, and so boile them toge- <sup>A salue for any
oldsore</sup>
ther, and therewith dresse the sore, or else take two
handful of *plantaine* leaues, bray them smal, and straine
out the iuyce, then put to it as much womans milke, a
spoon-

spoonfull of hony, a yolke of an egge, and as much wheate flower as you thinke will bring it to a salue, then make a plaister thereof and lay it vnto the sore, renewing it once in foure and twenty hours.

To take away
dead flesh.

Take an ounce of *Vnguentum apostolorum*, and an ounce of *Vnguentum Aegiptiacum*, and put them together in a pot being first well wrought together in a bladder, and if the flesh be weake, put to it a little fine white sugar, and therewith dress the sore, or otherwise take onely *Precypitate* in fine pouder, and strew it on the sore.

A water for a
sore.

Take a gallon of Smithes sleacke water, two handfulls of sage, a pint of hony, a quart of ale, two ounces of Allom, and a little white *copporas*, seeth them all together till halfe be consumed, then straine it, and put it into a cleane vessell, and therewith wash the sore. Or otherwise take cleane running water and put therein rock *allom* and madder, and let them boyle till the *allom* and the madder be consumed, then take the clearest of the water and therewith wash the sore.

Or else take *Sage*, *Fenell*, aad *singefoyle*, of each a good handfull, boyle them in a gallond of running wa-
ter til they be tender, then straine the liquor from the
hearbs, and put to it a quarter of a pound of rock *allom*,
and let it seeth againe a little till the *allom* be melted,
then take it from the fire and vse it, thus, dip lint in it
warmed and lay it to the sore, and if it be hollow apply
more lint, then make a little bolster of linnen cloth, and
wett it well in the water, then wring out the water, and
so bind on the bolster close.

A blacke plai-
ster to heale
old res and
kil inflamati-
on.

Take a pint of sallet oyle and put into it sixe ounces
of red lead, and a little ceruse or white lead, then set it
ouer a gentle fire, and let it boyle a long season stirring
in

it wel til it be stiffe, which you shal trye in this order; let it drop from your sticke or slice vpon the bottome of a saucer, and so stand vntil it be cold, and then if it be wel boyled, it wil bee stiffe and very blacke, then take it off, and let it stand a little, and after straine it through a cloath into a Bason, but first annoynct the Bason with Sallet oyle, and also your fingers, and so make it vp into roules plaisterwise, and spread it and apply it as occasion shal serue.

Take mallowes and beetes, and seeth them in Water, An cynamick
then drye away the Water from them, and beate the ^{to riper before} hearbs wel with old Boares grease, and so apply it vnto the Appostume hot.

Take a handful of *rue* and stampē it with rusty Bacon ^{For the sting-}
til it come to a perfect salue, and therewith dressē the ^{ing or any ad-}
sore til it be whole. ^{de or ven-}

If the party be outwardly venomed, take *Sage* and ^{mous thing.}
bruise it wel and apply it vnto the sore, renewing it at ^{for any veno-}
least twice a day, but if it be inwardly, then let the par-
ty drinke the iuyce of *Sage* eyther in Wine or ale mor-
ning and evening. ^{ming.}

Take *Selladine* early in the morning, and bruise it wel, ^{For a ring-}
and then apply it to the sore, and renewing it twice or ^{worme.}
thrice a day.

Take of *camphire* one dramme, of *Quicksiluer* ^{For the itch.}
four penny-worth killed wel with Vinegar, then mixe
it with two penny-worth of oyle de Bay, and therwith
annoynct the body. Or otherwise take ied onions and
seeth them in running water a good while, then bruise
the onions smal, and with the Water they were sodden
in, straine them in, then wash the infected place with
the same.

Take a great quantity of the heaibe Bennet, and as

For the dried
Scabbe.

much of red *nettles*, pound them well and straine them, and with the iuyce wash the patient naked before the fire, and so let it drinke in and wash him againe, and doe so diuers dayes till he be whole.

To kill the Itchin
or scutter serpe-
go.

Take a penywoorth of white *copperas*, and as much greene *copperas*, a quarter of an ounce of white *Mercury*, a ha'fepeny-worth of *Allom* and burne it, and set all ouer the fire with a pint of faire water, and a quarter of a pint of wine Vinegar, boyle all these together till they come to halfe a pint, & then annoint the sore therewith.

To take away
the skartes of
the mal Poxe.

Take *Barrowes* grease a pretty quantity, and take an apple & pare it and take the chore cleane out, then chop your apple and your *Barrowes* grease together, and set it oder the fire that it may melt but not boyle, then take it from the fire, and put thereto a pretty quantity of rose water and stirre all together till it be cold, and keepe it in a cleane vessell, and then annoint the face therewith.

For the French
or Spanish pox.

Take *quicksilver* and kill it with fasting spittle, then take *verdigrease*, *Arabecke*, *Turpentine*, *Oyle oline*, and *Populion*, and mixe them together to one entire oyntment, and annoint the Sores therewith, & keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rosin*, *Frankensence*, *Populion*, *oyle of Roses*, *Oyle de bay*, *Oyle olyne*, greene *Copperas*, *verdigrease*, *White lead*, *Mercury sublimate* of each a pretty quantity but of *Allome* most, then beate to pouder the symples that are hard, and melt your oyles, and cast in your pouders and stirre al wel together, then strayne them through a cloth, and apply it warme to the sores; or else take of *Cupons* grease that hath toucht no water, the iuice of *Rue* and the fine pouder of *Pepper*, and mixe them together to an oyntment, and apply it round about the sores,

but

but let it not come into the ſores, and it will dry them vp.

Take of *Treakle* halfe pennyworth, of long *Pepper* as much, and of *graynes* as much, a little *ginger*, and a little quantity of *Licoras*, warme them with ſtrong ale, and let the party drinke it off, and lie downe in his bed and take a good ſweate: and then when the ſores arife, vſe ſome of the oyntment before re-hearfed.

Take the iuyce of red *Fennell*, and the iuyce of *Ser-
greene* and Stone hony, and mixe them very well to-
ther till it be thicke, and with it annoynt the party, but before you doe annoynt him you shall make this water.

To make the
ſcabs of the
French Poxe to
fallaway.

Take *Sage* & ſeeth it in very faire water from a gallond to a pottle, and put therein a quantity of hony and ſome allom, and let them boyle a little together; when you haue strained the hearbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it dry in well, and then lay on the aforesayd oyntment.

Additions,
to greene
wounds.

Take the oyle of the white of an egge, wheate-flow-
er, a little hony and venice *Turpentine*, take and stirre all these together, and ſo vle it about the wound but not within, & if the wound do bleed, then adde to this ſalue a little quantity of *Bolearmonyak*.

A deffentiu-
re for a
greenē
wound.

Take *Apoponax* and *Galbanum*, of each an ounce, *Am-
monianum*, and *Bedlynd* of each two ounces, of *Lethar-
gy* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calamniaris* one ounce, *Turpentine* four ounces, *Myrrh* two ounces, *Oyle de bay* one ounce, *Thusſe* one ounce, *Eriſteleschia*-roots two ounces, oyle of *Rofes* two ounces, ſalbet vyle two pound, all the hard ſym-
ples must bee beaten to fine powder and ſearſed,

take also three pints of right Wine vinegar, and put your fourt gummes into the vinegar a whole day before, till the gummes be dissoluued, then set it ouer the fire and let it boile very softly vntil your vinegar bee as good as boiled away, then take an Earthen pot with a wide mouth, and put your oyle in and your waxe, but your Waxe must be scraped before you put it in, then by a little at once put in your *Lethargy* and stir it exceeding. ly, then put in all your gummes and all the rest, but let your *Turpentine* be last, and so let it boile till you see it grow to be thicke, then poure it into a Bason of water, and worke it with oyle of *roses* for sticking vnto your hands, and make it vp in roules plaisterwise, and here is to be noted, that your oyle of *roses* must not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

A water to heal
any greene
wounds, cut, or
shre.

Take three good handfull of *Sage*, and as much of *Honi-suckle* leaues and the flowers cleane picked, then take one pound of *Roch Allome*, and a quarter of a pound of right English Honey clarified, halfe a pennywoorth of graines, and two gallonds of running Water, then put all the sayd things into the water, and let them seeth til halfe be consumed, then take it from the fire til it be almost cold, and strayne it through a cleane cloath, and put it vp in a glasse, and then eyther on taine or pleagnet vse it as you haue occasion.

To staunch
wound, & draw
linewes toge-
ther.

Take a quart of *Rie flower* and temper it with running water, and make dough thercof, then according to the bignesse of the wound lay it in with the *deffensiuine* plaister, before rehearsed, ouer it, and euery dressing make it lesse and lesse till the wound be closed.

A made oyle
for shrinking
of linewes.

Take a quart of *Neates foot oyle*, a quart of *Oxe galls*, a quart of *A quauite*, and a quart of *rose water*, a handfull

full of roſemary ſtrypt, and boyle all theſe together till halfe be conſumed, then preſſe and strayne it, and uſe it according as you find occaſion.

Take hony, pitch and butter, and ſeeth them together, and auoynt the hurt againſt the fire, and tent the For a weund in the guie. ſore with the ſame.

Take grounzell and ſtampe it, and ſeeth it with ſweet milke For p.icking with a thorn. till it be thicke, then temper it with blacke ſope and lay it to the ſore.

Take Rosin a quarter of a pound, of waxe three oun-ces, of oyle of Roſes one ounce and a halfe, ſeeth all them together in a pint of white wine till it come to ſkinning, then take it from the fire and put thereto two ounces of Venice Turpentine, & apply it to the wound or ſore.

Take muſtard made with ſtrong vinegar, the crums of browne bread, with a quantity of hony and ſixe figgs minxt, temper all together well and lay it vpon a cloth Additions, for aches or ſwells. plaiferwife, put a thinne cloath betweene the plaifer For the Cyat- ca. and the flesh and lay it to the place grieued as oft as need requires.

Take a pound of fine Rozin, of oyle de bay two oun-ces, of Popution as much, of Frankenſence halfe a pound, of oyle of Spyke two ounces, of oyle Camomile two oun-ces, of oyle of Roſes two ounces, of Waxe halfe a pound, of Turpentine a quarter of a pound, melt them and stirre them well together and then dip linnen clothes therein, and apply the ſearc cloath as you ſhall haue occaſion, & note the more oyle you uſe, the more ſupler the ſearc cloath is, and the leſſe oyle the ſiffer it will be.

Take a little blacke ſope, ſalt and hony, and beate them well together, and ſpread it on a browne paper ſwelled, and apply it to the bruife.

For swelled
legs.

For any ache.

A playster for
any paine in
the ioynts.

Additions,
To grieve in the
Bones.

For bones cut
or ioynt, or sin-
newes sprung
or strained.

A bath for bro-
ken ioynts.

Take mallowes and seeth them in the dregges of good Ale or milke, and make a plaister therof, and apply it to the place swelled.

Take in the moneth of may, Henbane, and bruise it wel and put it into an earthen pot and put thereto a pint of Sallet oyle and set it in the Suane til it be all one substance, then annoyn the ache therewith.

Take halfe a pound of vawrought wax, as much Rosin, one ounce of galbanum, a quarter of a pound of Leathargy of gold, three quarters of white Leade, beaten to pouder and learest, then take a pint of Neates foot oyle, and set it on the fire in a smal vessel which may containe the rest, and when it is all moultten, then put in the pouders and sti. re it fast with a slice, and trye it vpon the bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and annoyn a faire boord with Neates foote oyle, and as you may handle it for heate, worke it vp in roules, and it wil keepe fife or sixe yeares, being wrapped vp close in papers, and when you wi. vse it, spread of it thin vpon new lockram or leather somewhat bigger then the griefe, and so if the griefe remooue follow it, renewing it morning and euening, and let it be somewhat warme when it is layd on, and beware of taking cold, and drinking hot wines.

Take fourre or fife yolkes of egges, hard sodden or rosted, and take the branches of great morrel, and the berries in Summer, and in Winter the rootes, and bray all wel together in a morter with sheeps milke, and then frye it vntil it bee very thicke, and so make a plaister therof, and lay it about the sore, and it wii take away both paine and swelling.

Take a gallond of standing lye, put to it of Plantain and knot-grasse, of each two handfuls, of worme-mood, and comfrey,

comfrey, of each a handful, and boile all these together in the lye a good while, and when it is luke warme bath the broken member therewith, and take the buds of Elder gathered in *March*, and stripped downward and a little boyle them in water, then eate them in oyle and very little wine Vinegar, a good quantity at a time in the morning euer before meat, or an houre before the Patient go to dinner, and it much auailes to the knitting of bones.

Take *rosemary*, *fetherfew*, *orgaine*, *Pellitory of the wall*, *fennell*, *mallowes*, *violet leaves*, and *Nettles*, boyle all these together, and when it is wel sodden put to it two or three gallonds of milke, then let the party stand or sit in it an houre or two, the bath reaching vp to the stomacke, and when they come out they must go to bed and sweat, beware taking of cold.

Make a plaister of wheat flower and the whits of egges and spread it on a double linnen cloth, and lay the plaister on an euuen board, and lay the broken limbe thereon, and set it euuen according to nature, and lap the plaister about it and splint it, and give him to drinke *Knitwort* the iuyce thereof twice and no more, for the third time it wil vnknit, but giue him to drinke nine dayes each day twice the iuyce of *comfrey*, *daisies* and *osmund* in stale Ale and it shal knit it, and let the fore-laid playster lye to ten dayes at the least, and when you take it away do thus, take *horehound*, *red fennel*, *Hounds tong*, *Wal-wort*, and *Pellitory*, and seeth them, then vnroule the member and take away the splints and then bath the linnen and the plaister about the member in this bath, vntil it haue soakt so long that it come gently away of it selfe, then take the afore sayd plaister and lay thereto fve or sixe daies very hot, and let each plaister lye a day

and a night and alwayes splint it wel, and after cherish it with the oyntments before Rehearsed, for broken bones, and keep the party from vnwhollome meats and drincks til he be whole, and if the hurt be on his arme let him beare a bal of greene hearbs in his hand to preuent the shrinking of the hand and sinewes.

For any Feuer.

Take Sage, Ragwort, Yarrow, vnsent Leekes of each a like quantity, stamp them with Bay salt and app' y them to the wrests of the hands.

To expel heate
in a Feuer.

Blanch Almonds in the cold water, and make milke of them (but it must not sceth) then put to it sugar, and in the extremity of heat, see that you drinke thereof.

The royll me-
dicine for Fe-
uers.

Take three spooneful of Ale and a little Saffron, and bruise and straine it thereto, then adde a quarter of a spoonful of fine Treacle and mixt altogether, and drinke it when the fit comes.

Another.

Take two roots of Crow-foot that growes in a marsh ground, which haue no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and do not wash them, and adde a little quantity of Salt, and mixe all wel together, and lay it on linnen cloathes, and bind it about your thumbs betwixt the first and the neather ioynt, and let it lie nine daies vareinouued, and it wil expel the Feuer.

An approoued Medicine for the greatest
Laske or Flixie.

Take a right Pomwater the greatest you can get; or else two little ones, roast them very tender to pap, then take away the skinne and the core and vse only the pap, and the like quantity of Chalke finely scraped; mix them both together vpon a Trencher before the fire, and worke

worke them wel to a plaister, then spread it vpon a linuen cloth warmed very hot as may be suffered, and so bind it vnto the nauill for twenty foure houres, vse this medicine twice or thrice or more, vntil the Laske bee stayed.

To make the oyle of Swallowes, take Lauendar cotton, Spike, Knot-grasse, Ribwort, Balme, Valerian, Rosemary tops, Woodbine tops, Vine strings, French mallowes, the tops of Alecost, Strawberry strings, Tuisan, Plantain, Walnut tree leaues, the tops of young Bayes, Isop, violet leaues, Sage of vertue, fine Roman Wormwood, of each of them a handful, Cammomile and Red roses, of each two handful, twenty quicke Swallowes, and beate them altogether in a great morter, and put to them a quart of Neats foot oyle, or May butter, and grind them all well together with two ounces of Cloues wel beaten, then put them altogether in an earthen pot, and stop it very close that no ayre come into it, and set it nine dayes in a Seller or cold place, then open your pot and put into it halfe a pound of white or yellow waxe cut very smal, & a pint of oyle or butter, then set your pot close stopped into a pan of water, and let it boile sixe or eight houres, and then straine it: this oyle is exceeding soueraine for any broken bones, bones out of ioynt, or any paine or griefe eyther in the bones or sinewes.

To make oyle of Camomile, take a quart of Sallet oyle and put it into a glasse, then take a handful of Camomile and bruise it, and put it into the oyle, and let them stand in the same twelue daies, onely you must shift it every three dayes, that is to straine it from the old Camomile, and put in as much of new, and that oyle is very soueraine for any greefe proceeding from cold causes.

To

To make oyle of Lauender, take a pint of Sallet oyle
To make oyle of Lauender. and put it into a glasse, then put to it a handfull of Lauender, and let it stand in the same twelue dayes, and vse it in all respects as you did your oyle of commone wile.

To make smooth hands. To make an oyle which shall make the skinne of the hands very smooth, take Almonds and beate them to oyle, then take whole cloves and put them both together into a glasse, & set it in the Sunne fve or sixe dayes, then strayne it, and with the same annoynt your hands euery night when you goe to bed, otherwise as you haue conuenient leasure.

To make Dr. Stevens water. To make that soueraigne water which was first inuen-
ted by Doctor Steuens, in the same forme as he deliue-
red the Reccite to the Arch-bishop of Cantarbury, a lit-
tle before the death of the sayd Doctor. Take a gallond
of good Gascoyne wine, then take Ginger, Galingale, ci-
namon, Nutmegs, Graines, cloves, bruiled, Fennell-seeds
carraway-seeds, Origanum; of euery of them a like quan-
tity, that is to say a dramme: Then take Sage, wild Mar-
igoram, Piny royll, Mints, red reses, Time, Pellitory, rose-
mary, wild time, commone mill, Lauender, of each of them
a handfull, then bray the spices small, & bruise the hearbs
& put all in to the wine, and let it stand so twelue houres,
only stirre it diuers times, then distill it by a Lymbecke,
and keepe the first water by it selfe for that is the best,
then keepe the second water for that is good, & for the
last negleete it not, for it is very wholesome though the
worst of the three. Now for the vertue of this water it
is this, it comforteth the spirits & vitall parts, & helpeth
all inward diseases that commeth of cold, it is good a-
gainst the shaking of the palsie, & cureth the contraction
of sinews, & helpeth the conception of women that be
barraine, it killeth the wormes in the body, it cureth the
cold

cold Cough, it helpeth the tooth-ach, it comforteth the stomach, and cureth the old dropsy, it helpeth the stone in the bladder and in the reines, it helpeth a stinking breath: And whosoeuer vseth this water moderately & not too often, preserueth him in good liking, and will make him seeme young in old age. With this water Doctor Steuens preserued his owne life vntill such extreame age, that he could neither goe nor ride, & he continued his life being bed rid ffe yeeres, when other Physitions did iudge he could not liue one yeere, when he did confess a little before his death ; saying : that if he were sicke at any time, he neuer vsed any thing but this water only ; And also the Archbisshop of Canterbury vsed it, and found such goodnes in it that he liued till he was not able to drinke of a cup, but sucked his drinke through a hollow pipe of siluer. This water will bee much the better if it be set in the Sunne.

To make a cordial *rosasolis*, take *rosasolis*, & in any wise touch not the leaues thereof in the gathering, nor wash it ; take thereof foure good handfu's, then take two good pints of *Aquauitæ*, and put them both in a glasse or pewter pot of three or foure pints; and then stop the same hard and iust, and so let it stand three dayes and three nights, and the third day straine it through a clean cloth into another glasse or pewter pot, and put thereto halfe a pound of *Sugar* beaten small, foure ounces of fine *Liceras* beaten into powder, halfe a pound of sound Dates the stones being taken out, and cut them & make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close & iust, and after distill it through a lymbecke, then drink of it at night to bedward halfe a spoonefull with ale or beere,

but

A restorative
of *rosatolis*.

but Ale is the better, as much in the morning fasting for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but it will restore him againe, and cause him to be strong & lusty, and to haue maruailous hungry stomacke, prouided alwaies that this *rosasolis* be gathered (as you possibly you can) at the full of the Moone when the Sun shineth before noone, and let the roots of them be cut away.

Additions, small and put them into sallet oyle, and let them stand in the same tenne or twelue daies, and then presse it. Or otherwise take a quart of oyle *Olyue*, and put thereto Sixe spoonefuls of cleane water, and stirre it well with a slice, till it waxe as white as milke, then take two pound of red rose leaues and cut the white of the ends of the leaues away, and put the roses into the oyle, and then put it into a double glasse and set it in the Sunne all the summer time, and it is soueraine for any scalding or burning with water or oyle.

Or els take red roses new plucked a pound or two, and cut the white ends of the leaues away, then take May Butter and melt it ouer the fire with two pound of oyle *Olyue*, and when it is clarified put in your roses and put it all in a vessell of glasse or of earth, and stop it well about that no ayre enter in nor out, and set it in another vessell with water and let it boyle halfe a day or more, and then take it forth and straine or presse it through a cloth, and put it into glasse bottells, this is, good for all manner of vnkind heates..

**To make oyle
or Nutmegges.** Take two or three pound of *Nutmeggs* and cut them small and bruise them well, then put them into a pan and beate them and stirre them about, which done, put them into a canuasse or strong linnen bagge, and close them

them in a preſſe and preſſe them, and get out al the Ly-
quor of them which wil be like manna, then ſcrape it
from the canuas bagge as much as you can with a knife,
then put it into ſome vessel of glaſſe and ſtoppe it wel,
but ſet it not in the Sun for it wil waxe cleane of it ſelue
within ten or fifteene dayes, and it is woorth thrie ſo
much as the Nutmegges themſelues, and the oyle hath
very great vertue in comforting the ſtomack and inward
parts, and alwaging the paine of the moþer & Cyatica.

Take the flowers of Spike, and wash them only in oyle To make per-
oliue, and then ſtamp them wel, then put them in a Can- ſett oyle of
uaſle bagge, and preſſe them in a preſſe as hard as you Spike.
can, and take that which commeth out carfully, and put
it into a ſtrong vessel of glaſſe, and ſet it not in the Sun,
for it wil cleare of it ſelue, and waxe faire and bright, and
wil haue a very sharpe odor of the Spike; and thus you
may make oyle of other hearbs of like nature, as Lauen-
der, camomile and ſuch like.

Take an ounce of Mastick, and an ounce of Olibanum To make oyle
pounded as ſmal as is poſſible, and boyle them in oyle of Mastick.
Oliue (a quart) to a third part, then preſſe it and put it
into a glaſſe, and after ten or twelue dayes it wil be per-
fet: it is exceeding good for any cold griefe.

Thus hauing in a ſummary manner paſſed over al the
moſt Physical and Chyrurgical notes which burtheneth
the mind of our English Houſe-wife, being as muſch as is
needful for the preſeruation of the health of her family:
and hauing in this Chapter ſhewed al the inward ver-
ties wherewith ſhe ſhould be adorned. I wil now re-
turne vnto her more outward and active Knowledges,
wherein albeit the mind be as muſch occupied as before:
yet is the body a great deale more in uſe: neyther can
the worke be wel affeſted by Rule or direſtion.



The English Houswifes Skill in Cookery.

CHAP. 2.

Of the outward and active Knowledge of the Housewife ;
and of her skill in Cookery ; as Sallets of all sorts, with
Flesh, Fish, Sauces, Pastry, Banqueting-stuffe
and ordering of great feasts.

TO speake then of the outward and active Knowledges which belong vnto our English Hous-wife, I hold the first and most principal to be a perfect skill and Knowledge in Cookery , together with al the secretes belonging to the same , because it is a duty rarely belonging to a woman ; and she that is vtterly ignorant therein , may not by the Lawes of strict Justice challenge the freedome of Marriage , because indeede she can then but performe halfe her vow ; for shee may loue and obey, but she cannot cherish , serue, and keepe him with that true duty which is euer expected.

She must know
all Hearbes.

To proceede then to this knowledg of Cookery, you shal vnderstand , that the first steppe thereunto is , to haue Knowledge of all sorts of hearbes belonging vnto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Seruings , or for any other Seasoning , or adorning : which skill of Knowledge of the Hearbes, shee must get by her owne true labour and experieunce; and

and not by my relation, would be much too tedious, & for the vse of them, he shall see it in the composition of dishes & meates here after following. She shal also know the time of the yeere, Moneth and Moone, in which all Hearbs are to be sowne ; and when they are in their best flourishing, that gathering all Hearbs in their height of goodnesse, shee may haue the prime vse of the same. And because I will inable, and not burden her memory, I will here giue her a short Epitomie of all that knowledge.

First then, let our English Hous-wife know, that she Her skill in may at al times of the Moneth and Moone, generally the Garden. sow *Asparagus, Colworts, Spinage, Lettice, Parsnips, Radish, and Chives.*

In February, in the new of the Moone, she may sow *Spyke, Garlick, Borage, Buglose, Cheruile, Coriander, Gourds, Cresses, Marioram, Palma Christi, Flower gentle, white Poppy, Purslan, Radish, Rocket, Rosemary, Sorrell, Double Marigolds and Time.* The Moone full shee may sow *Anisseedes musked, Violets, Bleets, Skirrits, White Succory, Fennell, and Parsly.* The Moone old, sow *Holy Thystell, Cole Cabadge, white Cole, greene Cole, Cucumbers, Harts-Horne, Diers Graine, Cabadge, Lettice, Mel-lons, Onions, Parsnips, Larkes Heele, Burnat and Leekes.*

In March the Moone new, sow *Garlick, Borage, Bug-losse, Cheruile, Coriander, Gourds, Marioram, white Poppy, Purslan, Radish, Sorrel, Double Marigolds, Time, violets.* At the full Moone, *Aniseedes, Bleets, Skirrets, Suc-cory, Fennell, Apples of Loue, and Marueilous Apples.* At the wane, *artichocks, Bassil, Blessed Thistle, Cole cabadg, white cole, Greene cole, citrons, cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Isop, cabadge, Lettice, Mel-lons, Mugrets, Onions, Flower Gentil, Burnet, Leeks,* and

and Sauory. In May, the Moone old, sow blessed Thistle. In June, the Moone new, sow gourds and radishes. The Moone old, sow cucumbers, mellons, parsnips. In July, the Moone at ful, sow white Succory; and the Moone old, sow cabadge, lettice. Lastly, in August, the Moone at the ful, sow white Succory.

Transplanting
of Herbes.

Also she must know, that Hearbs growing of Seeds, may be transplanted at al times, except chervile, Arage, Spinage, and Pseley, which are not good being once transplanted, obseruing euer to transplant in moyste and rainy weather.

Choice of Seeds.

Also she must know, that the choice of seeds are two-fold, of which some grow best, being new, as cucumbers and leekes, and some being old as coriander, parsley, sazory, beets, origan, cresses, spinage and poppy, you must keep cold lettice, artichokes, basil, holy thistle, cabadge, cole, Dyers graine, and mellons, fifteene dayes after they put foorth of the earth.

Prosperity of
seeds.

Also Seedes prosper better being sowne in temperate weather, then in hot, cold, or dry dayes. In the moneth of April, the moone being new, sow marigold, flower-gentle, time, violets: in the ful of the moone, apples of loue, and maruaulous apples: and in the wane, artichokes, holy thistle, cabadge, cole, citrons, harts-horne, Samphire, gilliflowers, and parsnips.

Gathering of
seeds.

Seeds must be gathered in faire weather, at the wane of the moone, and kept some in Boxes of Wood, some in bagges of Leather, and some in vessels of earth, and after to be wel cleansed and dryed in the Sunne or shadow: Othersome, as Onions, chibols, and Leekes, must be kept in their huskes. Lastly, she must know, that it is best to plant in the last quarter of the moone; to gather grafts in the last but one, and to graft two dayes after

After the change, and thus much for her knowledge briefly of Hearbs, and how he shall have them continually for her vse in the Kitchin.

It resteth now that I proceede vnto Cookerie it selfe, which is the dressing and ordering of meate, in good and wholsome manner; to which, when our *Hous wife* shall addresse her selfe, she shall well understand, that these qualities must euer accompany it: First, shee must bee cleanly both in body and garments, shee must haue a quicke eye, a curious nose, a perfect taste, and ready eare (shee must not be b utter-singed, sweete-toothed, not faint-hearted;) for, the first will let euery thing fall, the second will consume what it shoulde increase, and the last will loose time with too much niceenesse. Now for the substance of the Art it selfe, I will diuide it into fve parts; the first, Sallats and Fricases; the second, boyled Meates and Broaths; the third, Roast meates, and Caibonados; the fourth, Bak't meates and Pies; and the fith, Inquieting and made dishes, with other conceites and secrets.

First then to speake of Sallats, there be some simple, and some compounded; some onely to furnish out the table, and some both for vse and adornation: your simple Sallats are Chibols pilled, washit cleane, and halfe of the greene tops cut clearie away, so serued on a Fruit dish, or Chines, Scallions, Radish roots, boyled Carrets, Skirrets, and Turneps, with such like serued vp simply: also, all young Lettice, Cabbage-lettice, Porrlan, and divers other hearbs which may be serued simply without any thing, but a little Vinegar, Sallet-Oyle, and Sugar: Onions boyld, and stript from their rind, and serued vp with Vinegar,

O F
Cockery and
the parts
thereof,

Of Sallats.
Simple Sallats.

F Oyle

Oyle & Pepper is a good simple Sallat; so is Samphire, Beane-cods, Sparagus, and Cucumbers, serued likewise with Oyle, Vinegar and Pepper, with a world of others, too tedious to nominate.

Of compound
Sallets.

Your compound Sallats, are first the young Buds and Knots of all manner of wholesome hearbs at their first springing; as Red-sage, Mints, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then serued vp to the table with Vinegar, Sallet Oyle and Sugar.

 Another com-
pound Sallet.

To compound an excellent Sallat, and which indeed is vsuall at great feasts, and vpon Princes tables: Take a good quantity of blancht Almonds, and with your shredding Knife cut them grossely; then take as many Raisins of the Sunne cleane washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olyues, and as many Currants as of all the rest cleane washt: a good handfull of the small tender leaues of Red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put vnto them Vinegar and Oyle, and scrape more Sugar ouer all: then take Orenges and Lemons, and paring away the outward piles, cut them into thinne slices, then with those slices couer the Sallet all ouer; which done, take the fine thinne leafe of the red Coleflower, and with them couer the Orenges and Lemons all ouer; then ouer those red leaues lay another course of old Oliues, and the slices of wel pickled Cucumbers, together with the very inward heart of your Cabbage lettice cut into slices; then adorne the fides of the dish, and the top of the Sallet with mo slices of Lemons and Orenges, and so serue it vp.

To

To make an excellent compound boild Sallat : take of Spinage well washt, two or three handfulls, and put it into faire water, and boile it till it be exceeding soft, & tender as pap ; then put it into a Cullander and draine the water from it, which done, with the backside of your Chopping-knife chop it, and bruise it as small as may be : then put into a Pipkin with a good lumpe of sweete butter, and boile it ouer againe ; then take a good handfull of Currants cleane washt, and put to it, & stirre them well together ; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serue it vpon sippets.

Your preserued Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Puislan, Broome, and such like, or preserued with Vinegar ; as Violets, Primrose, Cowflops, Gillyflowers of all kindes, Broome-flowers, and for the most part any wholesome flower whatsoeuer.

Now for the picking of Sallats, they are only boiled, and then drained from the water, spread vpon a table, and good store of Salt throwne ouer them, then whena they are thorow cold, make a Pickle with Water, Salt, and a little Vinegar, and with the same pot them vp in close earthen pots, and serue them forth as occasion shall serue.

Now for preseruing Sallats, you shall take any of the Flowers before layd aftei they haue beene pickt cleane from their stalkes, and the white ends (of them which haue any) cleane cut cway, and washt and dryed, and taking a gasse-pot like a Gally-spot, or for want thereof a Gally-pot it selfe ; and first strew a little Sugar in the bottome, then lay a layer of the Flowers,

then couer that layer ouer with Sugar, then lay another layer of the Flowers, and another of Sugar; and thus do one aboue another till the pot be filled, euer and anon pressing them hard downe with your hand: this done, you shal take of the best and largest Vinegar you can get (& if the vinegar be distilled vinegar, the Flowers will keepe their colours the better) and with it fill vp your pot till the Vinegar swim aloft, and no more can be receiued; then stop vp the pot close, & set them in a dry temperate place, and vse them at pleasure, for they will last all the yere.

The making of
strange Sallats Now for the compounding of Sallats of these pickled and preserued thinges, though they may be serued vp simply of themselves, and are both good and daintie; yet for better curiositie, and the finer adorning of the table, you shall thus vise them: First, if you would set forth any red Flower that you know or haue seene, you shall take your pots of preserued Gilliflowers, and suring the colours answerable to the Flower you shall proportion it forth, and lay the shape of the Flower in a Fruit-dish; then with your Purslan leaues make the greene Coffin of the Fower, and with the Purslan stalkes, make the stalke of the Flower, and the diuisions of the leaues and branches; then with the thinne slices of Cucumbers make their leaues in true proportions, iagged or otherwise: and thus you may set forth some full blowne, some halfe blowne, and some in the bud, which wil be pretty and curious: And if you will set forth yellow flowers, take the pots of Primroles and Cowslips, if blew flowers, then the pots of Violets, or Bugloise Howers, and these Sallats are both for shew and vse; for they are more excellent for taste then for to looke on.

Now

Now for *Sallets* for shew only, and the adorning and setting out of a table with numbers of dishes, they be *Sallets for shew onely.* those which are made of *Carret* rootes of sundrye colours well boiled, and cut out into many shapes and proportions, as some into knots, some in the manner of *Scutchions* and *Armes*, some like Birds, and some like wild Beasts, according to the Art and cunning of the Workman; and these for the most part are seasoned with Vinegar, Oyle, and a little Pepper. A world of other Sallets there are, which time and experiance may bring to our *Hous-wifes* eye, but the composition of them, and the seruинг of them differeth nothing from these already rehearsed.

Now to proceed to your Fricases, or *Quelque choses*, which are dishes of many compositions, and ingredients; as Flesh, Fish, Egges, Hearbs, and many other thinges, all being prepared and made ready in a frying pan, they are likewise of two sorts, simple and compound.

Your simple Fricases are Egges and Collops fried, whether the Collops be of Bacon, Ling, Beefe, or young Porke, the trying whereof is so ordinary, that it needeth *Of simple Fries.* not any relation, or the trying of any Flesh or Fish simple of it selfe with Butter or sweete Oyle.

To haue the best Collops and Egges, you shall take the whitest and youngest Bacon; and cutting away the fward, cut the Collops into thin slices, lay them in a dish, and put hot water vnto them, and so let them stand an houre or two, for that will take away the extreame saltinesse: then draine away the water cleane, and put them into a drie pewter dish, and lay them one by one, and set them before the heate of the fire, so as they may toaste and turne them so,

as they may toast sufficiently thorow and thorow: which done, take your Egges and break them into a dish, and put a spooneful of vinegar vnto them : then set on a cleane Skillet with faire water on the fire, and as soone as the water boyleth put in the Egges, and let them take a boile or two, then with a spoone trie if they bee hard enough, and then take them vp, and trim them, and dry them; and then dishing vp the Collops, lay the Egges vpon them, and so serue them vp : and in this sort you may potch Egges when you please, for it is the best and most wholsome.

Of the compound fricases.

Now the compound Fricases are those which consist of many things, as Tansies, Fritters, Pancakes, and any Quelque chose whatsoeuer, beeing things of great request and estimation in *France, Spaine, and Italy*, and the most curious Nations.

To make the best Tansey.



First then for making the best Tansey, you shal take a certaine number of egges, according to the bignesse of your Frying-pan, and break them into a dish, abating euer the white of euery third egge ; then with a Spoone you shal cleanse away the little white Chickinknots which sticke vnto the yolkes ; then with a little Creame beate them exceedingly together ; then take of greene Wheat blades, Violet leaues, Straw-berry leaues, Spinage, and Succory, of each a like quantity, and a few Walnut tree buds ; choppe and beate all these very wel, and then straine out the juice, and mixing it with a little more Creame, put it to the egges, and stirre all wel together, then put in a few crummes of Bread, fine grated Bread, Cynamon, Nutmegge, and Salt, then put some sweete Butter into the Frying-panne, and so soone as it is dissolved or melted, put in the Tansey, and frys it browne without burning, and with a dish

turne

tunc it in the Panne as occasion shal serue; then aferue it vp, having strewed good store of Suger vpon it, for to put in Suger before wil make it heavy: Some vse to put of the heale be Tanley into it, but the Walnutt trees doo gree the better taste or sellish; and therefore when you please for to vse the one, doe not vse the other.

To make the best Fritters, take a pint of Creame and warme it: then take eight egges, onely abate fourte of the whites, and beare them wel in a Dill, and so mixe them with the Creame, then put in a little Cloues, Mace Nutmegge and Saffron, and stirre them wel together: then put in two spoonfull of the best Ale. barme, and a little Salt, and stirre it againe: then make it thicke according unto your pleasure with wheate fower: which done, set it within the aire of the fire, that it may rise and swel, which when it doth, you shal beat it in once or twice, then put into it a penny pot of Sacke: al this being done, you shal take a pound or two of very sweete scame, and put it into a panne, and set it over the fire, and when it is moultyn and beginnes to bubble, you shal take the Fritter batter, and setting it by you, put thick slices of wel-pared Apples into the Batter, and then taking the Apples and Batter out together with a spoone, pke it into the boylng Scame, and boile your Fritters crisper and browne: And when you finde the strenght of your scame coosome or decry, you shal renew it with more leame, and of all scens of leame, that which is made of the Beefe-suet is the best and strongest: when your Fritters are a sace, strow good store of Drageis and Cinnamon vpon them, being faire dispt, and so serue them vp.

To make the best Pancake, take two or thricce egges,

and breake them into a dish, and beate them well: then adde vnto them a pretty quantity of fair running water, and beate all well together: then put in Cloues, Mace, Cinamon, and Nutmeg, and season it with Salt: which done, make it thicke as you thinke good with fine Wheate-flower: then frie the cakes as thinne as may be with sweete Butter, or sweete Seame, and make them browne, and so serue them vp with Sugar strowed vpon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them tough, cloying, and not crispe, pleasant and sauory as running water.

Veale toasts.

To make the best Veale tosts; take the kidney fat, & all of a loyne of veale rosted, and shred as small as is possible; then take a couple of Egges and beate them very well; which done, take Spinage, Succory, Violet-leaues, and Maiigo.d-leaues, and beate them, and straine out the iuyce, and mixe it with the Egges: then put it to your Veale, and stirre it exceedingly wel in a dish; then put to good store of Currance cleane washt and pickt, Cloues, Mace, Sinamon, Nutmegge, Sugar and Salt, and mixe them all perfectly wel together: then take a Manchet and cut it into tosts, and tost them well before the fire; then with a spoone lay vpon the tost in a good thicknesse the Veale, prepared as before-sayd: which done, put into your frying pan good store of sweete Butter, and when it is wel melted and very hot, put your tostes into the same with the bread side upward, and the flesh side downward: and assoone as you see they are fryed browne, lay vpon the upp'r-side of the testes which are bare more of the flesh meate, and then turne them, and trie that side browne also: then take them out of the pan and dish them vp, and

and straw Sugar vpon them , and so serue them forth.

There be some Cookes which will do this but vpon one side of the tostes, but to do it on both is much better; if you adde Creame it is not amisse.

To make the best Panperdy, take a dozen Egges, & breake them, and beate them very well, then put vnto them Cloues, Mace, Cynamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it : then take a Manchet, and cut it into thicke slices like tostes ; which done, take your frying pan, and put into it good store of sweete Butter, and being melted lay in your slices of bread, then powre vpon them one halfe of your Egges ; then when that is fryed, with a dish turne your slices of bread vpward, and then powre on them the other halfe of your Egges, & so turne them till both sides be browne ; then dish i: vp, and serue it with Sugar strowed vpon it.

To make a Quelquechoise, which is a mixture of many things together ; take the Egges and breake them, & do away the one halfe of the Whites, and after they are beaten put them to a good quantity of sweete Creame, Currants, Cynamon, Cloues, Mace, Salt, & a little Ginger, Spinage, Endiue, and Marigold flowers grossely chopt, and beate them all very well together ; then take Piggs Petitoes slic't, and grossely chopt, and mixe them with the egges, and with your hand stirre them exceeding well together ; then put sweete butter in your frying pan, and being melted, put in all the rest, and fry it browne without burning, euer and anon turning it till it be fryed enough ; then dish it vp vpon a flat Plate, and so serue it forth. Onely herein is to be obserued, that your Petitoes must be very well boyled before you put them into the Frycase.

And

Additions, And in this manner as you make this Quelquechoise,
To the House- so you may make any other, whether it be of flesh, smal
wifes Cookery, Birds, sweet roots, oysters, muskles, cockles, giblets, le-
mons, Orenges, or any fruit, pulse, or other Sallet hearb
whatsoeuer ; of which to speake seuerally were a labour
infinite , because they vary with mens opinions Only
the composition and worke is no other then this be-
fore prescribed ; and who can do these, need no further
instruction for the rest. And thus much for *Sallets* and
Fricases.

To make Frit-
ters. To make another way , take Flower, milke,
Barme, grated Bread, smal Raisins , Cinamon, Suger,
Cloues, Mace, Pepper, Saffron, and Salt ; stirre all these
together very wel with a strong spoone, or smal Ladle ;
then let it stand more then a quarter of an houre that it
may rise , then beate it in againe , and thus let it rise &
bebeate in, twice or thrice at least ; then take it and bake
them in sweete and strong seame , as hath beene before
shewed, and when they are serued vp to the table , see
you strow vpon them good store of Suger, Cynamon,
and Ginger.

To make the
b' st white Pud-
dings.

Take a pint of the best, thickest and sweetest creame,
and boile it, then whilst it is hot, put thereunto a good
quantity of faire great Oate-meale Grotes very sweete,
and cleane pickt , and formerly steept in Milke twelue
houres at least , and let it soake in this Creame another
night ; then put thereto at least eight yolkes of Egges, a
little Pepper , Cloues Mace, Saffron, Currants, Dates,
Suger , Salt , and great store of Swines suet , or for
want thereof, great store of Beefe suet , and then fill
it vp in the Farines according vnto the order of good
House.wifery , and then boile them on a soft and gen-
tle fire, and as they swel , pricke them with a great pio,

or

or smal Awle, to keepe them that they burst not ; and when you serue them to the Table (which must be not vntil they be a day old,) first, boile them a little ; then take them out and toast them browne before the fire, & so serue them , trimming the edge of the dish eyther with salt or Suger.

Take the Liuer of a fat Hogge, and parboile it, then shred it smal , and after beate it in a morter very fine ; Puddings of a Hogs Liuer. then mixe it with the thickest and sweetest Creame, and strayne it very wel through an ordinary strainer , then put thereto six yolkes of egges , and two whites , and the grated crummes of neere hand a penney white loafe, with good store of *Currants*, *Dates*, *Cloues*, *Mace*, *Sugar*, *Saffron*, *Salt*, and the best *Swine* suet, or *Beefe* suet, but *Beefe* suet is the more wholsome, and lesse loosning ; then after it hath stood a while, fil it into the Farmes, & boile them as before shewed : and when you serue them vnto the table, first, boile them a little ; then lay them on a Gridyron ouer the coales , and broile them geutly , but scorch them not , nor in any wise breake their skinnes , which is to be preuented by oft turning and tossing them on the Gridyron , and keeping a slow fire.

Take the yolkes and Whites of a dozen or fourteene To make bread puddings. egges , and hauing beate them very wel, put vnto them the fine pouder of *Cloues*, *Mace*, *Nutmegges*, *Sugar*, *Cynamon*, *Saffron* and *Salt* ; then take the quantity of two loaues of white grated Bread , *Dates* (very smal shred) and great stoe of *Currants* , with good plenty eyther of *Sheepes*, *Hogges*, or *Beefe* suet beaten and cut smal : then when all is mixt and stirred wel together, & hath stood a while to settle , then fil it into the Farmes as hath been before shewed , and in like manner boyle them,

them, cooke them, and serue them to the Table.

Rice Puddings Take halfe a pound of Rice, and steepe it in new Milke a whole night, and in the morning draine it, and let the Milke drop away: then take a quart of the best, sweetest and thickest Creame, and put the Rice into it, and boyle it a little; then set it to coole an houre or two, and after put in the Yolke, of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates, Sugar and Salt; and hauing mixt them well together, put in great store of Beete Suet well beaten, and small shred, and so put it into the farmes, and boyle them as before shewed, and serue them after a day old.

A ro her of
Liver:

Take the best Hogges Liver you can get, and boyle it extreamely till it bee as hard as a stone; then lay it to coole, and being cold, vpon a bread-grater grate it all to powder; then sift it through a fine meale sive, and put to it the crummes of (at least) two penny loaves of white bread, and boyle all in the thickest and sweetest Creame you haue till it be very thick; then let it coole, and put it to the yolkes of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Safron, Salt, and of Beete and Swines suet great plenty, then fill it into the Farmes, & boyle them as before shewed.

Puddings of a
Calves Mug-
ger.

Take a Calues Mugget, cleane and sweete drest, and boyle it well; then shred it as small as is possible, then take of Strawberry leaues, of Endiue, Spinage, Succory, and Sainell of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the Yolkes of halfe a dozen Egges, and three Whites, and beate them into it

it also; and if you find it is too stiffe, then make it thinner with a little Creame warmed on the fire; then put in a little Pepper, Cloues, Mace, Cynamon, Ginger, Sugar, Currants, Dates and Salt, and worke all together, with easing in little peyres of sweet Butter one after another, till it haue receiued good store of Butter, then put it vp into the Calues bagge, Sheepes bagge, or Hogs bagge, and then boyie it well, and so setue it vp.

Take the Blood of an Hogge whilst it is warme, and steepe it in a quarte, or more, of great Oate meale-grotes, and at the ende of three dayes with your hands take the Groats out of the bloud, and draine them cleane; then put to those Grotes more then a quart of the best creame warmd on the fire: then take mother of Time, Parsley, Spinnage, Succory, Endive, Sorrell, and Strawberry leaues, of each a few chopt exceeding small, and mixe them with the Grotes; and also a little Fennell seede finely beaten: then adde a little Pepper, Cloues and Mace, Salt and great store of suet finely shred, and well beaten: then therewith fill your Farmes, and boyle them, as hath beeene before described.

Take the largest of your chines of Porke, and that Lasses, which is called a Liste, and first with your knife cut the leane thereof into thinne slices, and then shred small those slices, and then spread it ouer the bottome of a dish or wodden platter: then take the fatte of the chine and the Liste, and cut it in the very selfe same manner, and spread it vpon the leane, and then cut more leane, and spread it vpon the fatte, and thus doe one leane vpon another, till all the Porke be shred, obseruing to beginne and ende with the leane: then with your sharpe knife scortch it through.

through and through divers wayes, and mixe it all well together: then take good store of Sage, and shred it exceeding small, and mixe it with the flesh, then giue it a good season of Pepper and Salt; then take the farmes made as long as is possible, and not cut in pieces as for Puddings, and first blow them well to make the meate slip, and then fill them: which done, with threads deuide them into severall linkes as you please, then hang them vp in the corner of some Chimney cleane kept, where they may take ayre of the fire, and let them drie there at least foure dayes before any bee eaten; and when they are serued vp, let them bee either fried or broyled on the Gridyron, or else roasted about a Capon.

OF
Boyl'd meates
ordinary.

It resteth now that we speake of boild meates and broths, which forasmuch as our Hous-wife is intended to be generall, one that can as well feed the poore as the rich, we will first begin with those ordinary wholesom boyl'd meates, which are of vle in every good mans house: therefore to make the best ordinary Pottage, you shall take a racke of Mutton cut into pieces, or a leg of Mutton cut into pieces; for this meate and these ioynts are the best, although any other ioynt, or any fresh Beefe will likewise make good Pottage: and having washt your meate well, put it into a cleane pot with faire water, & set it on the fire; then take *Violet* leaues, *Succory*, *Strawberry* leaues, *Spinage*, *Langdibeefe*, *Marigold flowers*, *Scallions*, and a little *Parsly*, and chop them very smail together, then take halfe so much oat-meale well beaten as there is Hearbs, and mixe it with the Hearbs, and chop all very wel together: then when the pot is ready to boyle, skum it very well, and then put in your hearbs, and so let it boyle with a quicke fire,

fire, stirring the meate oft in the pot, till the meate be boyld enough, and that the hearbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with Salt, and serue them vp with the meate either with Sippets or without.

Some desire to haue their Pottage geene, yet no Pottage with-
hearbs to be seen in this case: you must take your herbs out of the pot and Oat-meale, and after it is chopt, put it into a stone heareb.
Morter, or Bowle, and with a wooden pestell beate it exceedingly; then with some of the warme liquor in the pot strayne it as hard as may be, and so put it in and boyle it.

Others desire to haue Pottage without any hearbs at all, and then you must only take Oat-meale beaten, and eu: he. rbs. good store of Onions, and put them in, and boyle them together; and thus doing you must take a greater quantity of Oat-meale then before.

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veale or Kidde, & having broke the bones, but not cut the flesh in pieces, and wash it, put it into a pot with faire water, after it is ready to boyle, and is throughly skumd, you shall put in a good handfull or two of small Oat-meale: and then take whole letice of the best and most inward leaues, whole spinage, endive, succory, and whole leaues of colaflower, or the inward partes of white cabbage, with two or three slic't Onions: and put all into the pot and boyle them well together till the meate bee enough, and the hearbes so soft as may bee, and stirre them oft well together; and then sealon it with salt and as much veriuyce as will onely turne the tast of the pottage; and so serue them vp, couering the meate with the whole

whole hearbes, and adorning the dish with sippets.

To make ordinary stewd
broth.

To make ordinary stewd broth, you shall take a necke of veale, or a leg, or mary-bones of beefe, or a pullet, or mutton, and after the meate is washt, put it into a pot with faire water, and being ready to boyle, skumme it well: then you shall take a couple of marchets, and paring away the crust, cut it into thicke slices, and lay them in a dish, and couer them with hot broth out of the pot: when they are steept, put them and some of the broth into a strainer, and straine it, and then put it into the pot: then take halfe a pound of Prunes, halfe a pound of Raisins, and a quarter of a pound of Currants cleane pickt and washt, with a little whole Mace, and two or three bruised cloues, and put them into the pot, and stirre all well together, and so let them boyle till the meate be enough, then if you will alter the colour of the broth, put in a little Turneole, or red Saunders, and so serue it vpon sippits, and the fruite vp-permost.

A fine boyld
meate.



To make an excellent boyld meate: take foure pee-
ces of a racke of mutton, and wash them cleane, and put
them into a pot well scoured with faire water: then
take a good quantity of Wine and Veriuyce and put in-
to it: then slice a handfull of Onions and put them in
also, and so let them boyle a good while, then take a
pecce of sweete butter with ginger and salt and put it to
also, and then make the broth thicke with grated bread,
and so serue it vp with sippets.

To boyle a
Mallard.

To boyle a *Mallard* curiously, take the *Mallard*
when it is faire dressed, washed and triest, and put it on
a spit and rest it till you can get the grauy out of it: then
take it from the spit and boyle it, then take the best
of the broth into a Pipkin, and the grauy which
you

you saued, with a peece of tweete butter and Currants, Vinegar, Sugar, Pepper and grated bread: Thus boylo all these together, and when the Mallard is boyled suffi- ciently, lay it on a dish with sippets, and the broth vpon it, and so serue it foorth.

To make an excellent Olepotrigē, which is the onely principall dish of boild meate which is esteemed in all Spaine, you shall take a very large vessell, pot or kettell, and filling it wth water, you shall set it on the fire, and first put in good thicke gobbits of well fed Beefe, and being ready to boyle, skumme your pot; when the Beefe is halfe boyled, you shall put in Potato-rootes, Turneps, and Skirrets: also like gobbers of the best Mutton, and the best Porke; after they haue boyled a while, you shall put in the like gobbits of Venison, red, and Fallow, if you haue them; then the like gobhets, of Veale, Kidde, and Lambe; a little space after these, the foreparts of a fat Pigge, and a crambd Pullet; then put in Spinage, Endive, Succory, Marigold leaues and flowers, Lettice, Violet leaues, Strawberrys, Buglosse and Scallions, all whole and vnchopt; then when they haue boyled a while, put in a Partridge and a Chicken chopt in peeces, with Quailes, Railes, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boiled, season vp the broth with good store of Sugar, Cleues, Mace, Cinamon, Ginger and Nutmegge mixt toge- ther in a good quantity of Veriuyce and salt, and so stiring vp the pot well from the bottome, then dish it vp vpon great Chargers, or long Spanish dishes made in the fashion of our English wooden trayes, with good store of sippets in the bottome; then couer the meate all ouer with Prunes, Raisins, Currants, and blaunc'd Almonds,

To make an
excellent Ole-
potrigē.

Almonds, boyled in a thing by themselfes; then chuer the fruit and the whole boyled hearbs, and the herbs with slices of Orenzes and Lemmons, and lay the rootes round about the sides of the dish, and strew good store of Sugar ouer all, and so serue it foorth.

To make the
best white
broth,

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other Fowle or Fish: First boile the flesh or fish by it selfe, then take the value of a quart of strong mutton broth, or fat Kadde broth, and put it into a pipkin by it selfe, and put into it a bunch of Time, Moricrome, Spinage and Endive bound together; then when it seeths put in a pretty quantity of Beefe marrow, and the marrow of Mutton, with some whole Mace and a few bruised Cloues; then put in a pint of White-wine with a few whole slices of Ginger; after these haue boyled a whie together, take blaunch't Almonds, and having beaten them together in a morter with some of the broth, straine them and put it in also; then in another pipkin boile Currants, Prunes, Raisins, and whole Cynamon in veriuice and Sugar, with a few sliced Dates; and boile them till the veriuice bee most part consumed, or at least come to a syriup; then draine the fruit from the sirup, and if you see it be high coloured, make it white with sweete creame warmed, and so mixe it with your wifes broth; then take out the Capon or the other flesh or fish, and dish it vp drie in a dish; then powre the broth vpon it, and lay the fruite on the top of the meate, and adorne the side of the dish with very dainty sippets; fiske Orenzes, Lemmons, and sugar, and so leue it foorth to the table.

To.

To boile any wild Fowle, as *Mallard*, *Teale*, *Widgeon*, or such like: First boile the Fowle by it selfe, then take a quart of strong *Mutton*-broth, and put it into a pipkin, and boile it; then put into it good store of sliced *Onions*, a bunch of sweete pot-hearbs, and a lump of sweete butter; after it hath boiled well, season it with veriuice, salt and sugar, and a little whole Pepper; which done, take vp your Fowle and biseape it vp according to the fashion of caruing, and stick a few *Clones* about it; then put it into the broth with *Onions*, and there let it take abcyde or two, and so serue it and the broth forth vpon sippets, some vsse to thicken it with toasts of bread steept and strained, but that is as please the Cooke.

To boile a legge of *Mutton*, or any other ioynt of meate whatsoeuer; first after you haue washt it cleane, parboile it a little, then spit it and give it halfe a dozen turnes before the fire, then draw it when it beginnes to drop, and presse it betweene two dishes, and saue the grauy; then slash it with your knife, and give it halfe a dozen turnes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it; then mixing *Mutton*-broth, White-wine, and Veriuice together, boyle the *Mutton* therein till it bee tender, and that most part of the liquor is cleane consumed; then having all that while kept the grauy you tooke from the *Mutton*, stewing gently vpon a Chaffing-dish and coales, you shall addevnto it good store of salt, sugar, cinammon and ginger, with some Lemmon slces, and a little of an Oringe pill, with a few fine white-bread crums: then taking vp the *Mutton*, put the remainder of the broth in, and put in likewise the grauie,

To boile a legg
of Mutton.

and then seruo it vp with sippets, laying the *Lemmon* slices vppermost, and trimming the dish about with *Sugar*:

An excellent
way to boyle
Chickens.

If you will boile *Chickens*, young *Turkies*, *Pea-hens*, or any house fowle daintily, you shall after you haue trimmed them, drawne them, trust them, and washt them, fill their bellies as full of *Parsly* as they can hold; then boyle them with salt and water onely till they bee enough: then take a dish and put into it veriuice, and *Butter*, and *Salt*, and when the *Butter* is melted, take the *Parsly* out of the *Chickens* bellies, and mince it very small, and put it to the veriuice and *Butter*, and stirre it well together; then lay in the *Chickens*, and trimme the dish with sippets, and so serue it foorth.

A broth for any
fresh fish.

If you will make broth for any fresh fish whatsoeuer, whether it be *Pike*, *Bream*, *Carpe*, *Eele*, *Barbell*, or such like: you shall boile water, veriuice and *salt*; together with a handfull of sliced *Onions*; then you shall thicken it with two or three spoonefull of *Ale-barne*; then put in a good quantity of whole *Barberies*, both branches and other, as also pretty store of *Currants*: then when it is boild enongh, dish vp your *Fish*, and powre your broth vnto it, laying the fruite and *Onions* vppermost. Some to this broth, will put *Prunes*, and *Dates* slic't, but it is according to the fancy of the Cooke, or the will of the House-holder.

Thus I haue from these few presidents shewed you the true Art and making of all sortis of boild-meates, and broths; and though men may coine strange names, and faine strange Art, yet be assured she that can doe these, may make any other whatsoeuer; altering the taste by the alteration of the compounds as shee shall see occasion.

occasion: And when a broth is too sweete, to sharpen it with veriuyce, when too tart, to sweeten it with sugar: when flat and wallowish, to quicken it with Oren- ges-and Lemmons; and when too bitter, to make it pleasant with hearbes and spices.

Takē a Mallard when it is cleane dressed, washed and Additions, trust, and parboyle it in water till it be skund and puri- fied: then take it vp, and put it into a Pipkin with the necke downward, and the tayle voward, standing as it were vpright: then fill the Pipkin halfe full with that water, in which the Mallard was parboylēd, and fill vp the other halfe with White Wine: then pill and slice thin a good quantite of Onyons, and put them in with whole fine hearbes, according to the time of the yeare, as Lettice, Strawberry-leaues, Violet-leaues, Vine-leaues, Spinage, Endive, Succory, and such like, which haue no bitter or hard taste, and a pretty quantity of Currants and Dates sliced: then couer it close, and set it on a gentle fire, and let it stew, and smoare till the Hearbs and Onyons be soft; and the Mallard inough: then take out the Mallard, and carue it as it were to goe to the Table; then to the Broth put a good lumpe of Butter, Sugar, Cinamon, and if it be in summer, so many Goose-berries as will giue it a sharpe taste, but in the winter as much wine Vinegar, then heate it on the fire, and stirre all well together: then lay the Mallard in a dish with sippets, and powre all this broth vpon it, then trim the edge of the dish with Sugar, and so serue it vp. And in this manner you may also smoare the hinder parts of a Hare, or a whole olde Cony, being trust vp close together.

After your Pike is drest and openēd in the backe, and To strew a pike. layd flat, as if it were to fry, then lay it in a large dish

for the purpose, able to receiue it; then put as much White Wine to it as wil couer it all ouer; then set it on a chaffin-dish and coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Birbery-berries, and as many Prunes as will serue to garnish the dish; then couer it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lumpe of sweet Butter; then with a fine skummer take vp the fish and lay it in a cleane dish with Sippets; then take a couple of yolks of egges, the filme taken away, and beate them well together with a spoonfull or two of Creame, and assoone as the Pike is taken out, put it into the broth, and stirre it exceedingly to keepe it from curding; then powre the broth vpon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies, slices of Orenge or Lemmons, and so serue it vp. And thus may you also stew Rochets, Gurnets, or almost any sea-fish, or fresh-fish.

To stew a
Lambes head
& Purtenance.

Take a Lambs-head and Purtenance cleane washt & pickt and put it into a Pipkin with faire water, and let it boile and skumme it cleane; then put in Currants and a few sliced Dates, and a bunch of the best fercing hearbs tyed vp together, and so let it boyle well till the meate be enough: then take vp the Lambes head and purtenance, and put it into a cleane dish with Sippets; then put in a good lumpe of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonfull or two of Verdiuyce, and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyld, and so powre it vpon the Lambes-head and Purtenance, and adorne the sides of the dish

dish with Sugar, Prunes, Barberries, Orenge, and Lemons, and in no case forget not to season well with Salt, and so serue it vp.

Take a very good breast of Mutton chopt into sundry large pieces, and when it is cleane wash, put it into a pipkin with faire water, and set it on the fire to boyle; then skum it very well, then put in of the finest Parsneps cut into large pieces as long as ones hand, and cleane wash and scrafft; then good store of the best onions, & all manner of sweet pleasant Pot-hearbs and lettice, all grossely chopt, and good store of peper & salt, and then couer it, and let it stew till the Mutton be enough; then takt vp the Mutton, and lay it in a cleane dish with Sippes, and to the broath put a little Wine-vinegar, and so powre it on the Mutton with the Parsneps whole, and adorne the sides of the dish with Sugar, and so serue it vp: and as you doe with the Brest, so you may doe with any other Ioynt of Mutton.

A Brest of
Mutton stewed.

Take a Neates foot that is very well boyld (for the tenderer it is, the better it is) & cleave it in two, and with a cleane cloth dry it well from the Souf. drinke; then lay it in a deepe earthen platter, and couer it with Verdijuce; then set it on a chaffing-dish and coales, and put to it a fewe Currents, and as many Prunes as will garnish the dish; then couer it, and let it boile well, many times stirring it vp with your knife, for feare it sticke to the bottome of the dish; then when it is sufficiently stewed, which will appeare by the tenderness of the meate and softnesse of the fruite; then put in a good lumpe of Butter, great store of Sugare and Sinamon, and let it boile a little after: then put it altogether into a cleane dish with Sippes, and adorne the sides of the dish with Sugar and Prunes, and so serue it vp.

To keepe a
Neates foot.

O F
Roast-meates.

Observations
in roast-meates.

Spitting of
roast-meates.

Temperature
of fire.

To proceede then to roast meates, it is to be vnderstood, that in the generall knowledge thereof are to be obserued these few rules. First, the cleanly keeping & scowring of the spits and cobirons; next, the neate picking and washing of meate before it be spitted, then the spitting and broaching of meate which must bee done so strongly and firmly, that the meate may by no meanes either shrinke from the spit, or else turne about the spit: and yet euer to obserue, that the spit doe not goe through any principall part of the meate, but such as is of least account and estimation: and if it be birds or fowle which you spit, then to let the spit goe through the hollow of the body of the Fowle, and so fasten it with prickes or skewers vnder the wings about the thighes of the Fowle, and at the feete or rumpes; according to your manner of trussing and dressing them.

Then to know the temperatures of fires for euery meate; and which must haue a slow fire, yet a good one, taking leasure in roasting, as Chines of Beefe, Swannes, Turkies, Peacockes, Bustards, and generally any great large Fowle, or any other ioyntes of Mutton, Veale, Porke, Kidde, Lambe, or such like: whether it be Venison red, or Fallow, which indeed would lie long at the fire and soake well in the roasting, and which would haue a quick and sharpe fire without scorching; as Pigs, Pulletts, Pheasants, Partridge, Quaile, and all sorts of middle sized or lesser fowle, and all small birds, or compound roast-meates, as Olynes, of Veale, Haslets; a pound of butter roasted; or puddings simple of themselves, and many other such like, which indeed would be suddenly and quickly dispatcht, because it is intended in Cookery, that one of these dishes must be made ready

ready whilst the other is in eating. Then to knowe the complexions of meates, as which must bee pale and white roastd (yet thoroughly roasted) as Mutton, Veale, Lambe, Kid, Capon, Pullet, Pheasant, Partridge, Quaile, and all sorts of middle and small land, or water fowle, and all small birds, and which must be browne roasted, as Beefe, venison, Porke, Swanne, Goese, Pigges, Crane, Bustards, and any large fowle, or other thing whose flesh is blacke.

Then to know the best bastings for meate, which is sweete butter, sweete oyle, barreld butter, or fine red dred vp seame with Cynamon, Cloues, and Mace. There be some that will bast onely with water, and salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwaies.

Then the best dredging, which is either fine white bread crumbs, well grated, or els a little very fine white meale, and the crummes very well mixt together.

Lastly to know when meate is roasted enough; for as too much rawnes is vnholfome, so too much drinessesse is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall obserue these signes first in your large ioynts of meate, when the stemme or smoake of the meate ascendeth, either vpright or els goeth from the fire, when it beginneth a little to shrinke from the spit, or when the graye which droppeth from it is cleare without bloodinessse then is the meate enough.

If it be a Pigge when the eyes are fallen out, and the body leaueth piping: for the first is when it is halfe rosted, and would be singed to make the coat rise and crackle, and the latter when it is fully enough and would bee drawne: or if it bee any kinde of Fowle

you

The complexi-
ons of meate,

The best ba-
stings of meats.

The best dred-
ging.

To know when
meate is e-
nough.

you rost, when the thighes are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood: then bee sure that your meate is fully enough roasted: yet for a better and more certaine assurance, you may thrust your knife into the thickest parts of the meate, and draw it out againe, and if it bring out white grauy without any blcoddiness, then assuredly it is enough, and may bee drawne with all speed conuenient, after it hath beene well basted with butter not formerly melted, then dredged as aforesaid, then basted ouer the dredging, and so suffered to take two or three turnes, to make crisper the dredging: Then dish it in a faire dish with salt sprinckled ouer it, and so serue it forth. Thus you see the generall forme of roasting all kind of meate: Therefore now I will retorne to some particular dishes, together with their severall sawces.

Roasting Mutton with Oysters.

If you will roast Mutton with Oysters, take a shoulder alone, or a legge, and after it is washt, barboyle it a little: then take the greatest Oysters, and having opened them into a dish, draine the grauy cleane from them twice or thrice, then parboyle them a little: Then take Spinage, Endive, Succory, Strawberry leaues, Violet leaues, and a little Paisley, with some Scallions: chop these very small together: Then take your Oysters very dry, drain'd, and mixe them with an halfe part of these hearbes: Then take your meate, and with these Oysters and hearbes farce or stop it, leauing no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Veriuice and Butter, and a little salt, and set it in a dish on a chaffing-dish, and coales: and when it beginnes to boyle, put in the remainder of your hearbes without Oysters, and a good quantity

quantity of Currants, with *Cinamon*, and the yelke of a couple of egges: And after they are well boyled and stirred together, season it vp according to taste with sugar: then put in a few Lemmon slices, the meate being inough, draw it, and lay it vpon this sawce remoued into a cleane dish, the edge thereof being trimmed about with sugar, and so serue it forth.

To roast a legge of Mutton after an out-landish fashi-
on, you shall take it after it is wash't, and cut off all the
flesh from the bone, leauing onely the outmost skinne
entirely whole and fast to the bone; then take thicke
creame and the Yelkes of Egges, and beate them
exceedingly well together; then put to *Cinamon*, *Mace*,
and a little Nutmegge, with *Salt*, then take bread-
crummes finely grated and searst with good store of
Currants, and as you mixe them with the Creame, put
in sugar, and so make it into a good stiffe: Now if you
would haue it looke greene, put in the iuyce of sweete
hearsbs, as *spinage*, *violet leaues*, *Eadiue*, &c. If you
would haue it yellow, then put in a little Safforn stray-
ned, and with this fill vp the skin of your legge of Mu-
ton in the same shape and forme that it was before,
and sticke the out side of the skin thicke with Cloues,
and so roast it thorowly and baste it very well, then af-
ter it is dredg'd serue it vp as a legge of Mutton with
this pudding, for indeede it is no other: you may stop
any other ioynt of meate, as breast or loine, or the bel-
ly of any Fowle boyled or roast, or rabbet, or any meate
else which hath skinne or emptiness: If into this pud-
ding also you beate the inward pith of an Oxes backe,
it is both good in taste, and excellent soueraigne
for any disease, ach or fluxe in the raynes whatsoe-
uer.

To

To roast a legg
of Mutton o-
therwise.

To roast a
Gigget of mut-
ton.

To roast a Gigget of Mutton, which is the legge splatted, and halfe part of the loine together; you shall after it is washt, stop it with Cloues, so spit it, and lay it to the fire, and tend it well with basting: Then you shall take vinegar, butter and currants, and set them on the fire in a dish or pipkin; then when it boyles, you shall put in sweete hearbes finely chopt, with the yelke of a couple of egges, and so let them boyle together: then the meate being halfe roasted, you shall pare off soime part of the leanest and brownest, then shred it ver-ry small and put it into the pipkin also: then season it vp with Sugar, Cynamon, Ginger, and Salt, and so put it into a cleane dish: Then drawe the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serue it vp.

To roast Olives
of Veale.

You shall take a Legge of Veale, and cut the feli from the bones, and cut it out into thin long slices; then take sweete hearbes, and the white parts of scal- lions, and chop them well together with the yelkes of egges, then rowle it vp within the slices of veale, and so spit them, and roast them: then boyle veriuice, but-ter, sugar, cynamon, currants and sweete hearbes toge-ther, and being seasoned with a little salt, serue the O-lies vp vpon that sauce with salt, cast ouer them.

To roast a pig.

To roast a Pigge curiously, you shall not scald it, but draw it with the haire on, then hauing washt it, spit it and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leaue all the fat and flesh perfectly bare: then with your knife scotch all the flesh downe to the bones, then baste it exceedingly with sweete butter and creame, being no more but warme: then dredge it with fine

fine bread·crummes, currants, sugar and salt mixt together, and thus apply dredging; vpon basting, and basting vpon dredging, till you haue couered all the flesh a full inch deepe: Then the meate being fully roasted, draw it, and serue it vp whole.

To roast a pound of Butter curiously and well, you shall take a pound of sweete Butter and beate it stiffe with Sugar, and the yolkes of egges, then clap it round-wise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appoyneted for the Pigge: then as it warmeth or melteth, so apply it with dredging till the butter be ouercomed and no more will melt to fall from it, then roast it browne, and so draw it, and serue it out, the dish being as neatly trim'd with sugar as may be.

To roast a pudding vpon a spit, you shall mixe the pudding before spoken of in the legge of Mutton, neither omitting hearbes, nor saffron, and put to a little sweete butter and mixe it very stiffe: then fold it about the spit, and haue ready in another dish some of the same mixture well seasoned, but a great deale thinner, and no butter at all in it, and when the pudding doth beginne to roast, and that the butter appeares, then with a spoone couer it all ouer with the thinner mixture, and so let it roast: then if you see no more butter appeare, then baste it as you did the Pigge, and lay more of the mixture on, and so continue till all be spent: And then roast it browne, and so serue it vp.

If you will roast a chine of Beefe, a loyne of Mutton, a Capon, and a Larke, all at one instant, and at one fire, and haue all ready together and none burnt: you shall then ^{To roast a chine of Beefe, Loyne of Mutton, Larke, and Capon at one fire, and none burnt.} first take your chine of Beefe and parboyle it more then halfe through: Then first take your Capon, beeing instant large

large and fat, and spit it next the hand of the turner, with the legges from the fire, then spit the chine of Beefe, then the Larke, and lastly the loyne of Mutton, and place the Larke so as it may be couered ouer with the Beefe, and the fat part of the loyne of Mutton, without any part disclosed: Then baste your Capon, and your loyne of Mutton with cold water and salt, the chine of Beefe with boyling Larde: Then when you see the beeфе is almost enough, which you shall hasten by schotching and opening of it: then with a cleane cloth you shall wipe the Mutton and Capon all ouer, and then baste it with sweete butter till all be enough roasted: then with your kaife lay the Larke open which by this time will be stewed betweene the Beefe and Mutton, and basting it also with dredge all together, draw them and serue them vp.

To roast Veni-
son.

If you will roast any Venison, after you haue wash't it, and cleansed all the blood from it, you shall sticke it with cloves all ouer on the out side; and if it be leane, you shall larde it either with mutton-larde, or porke-larde, but mutton is the best: then spit it and roast it by a soaking fire, then take Vinegar, bread-crummes, and some of the grauy, which comes from the venison, and boyle them well in a dish: then season it with sugar, ci-namon, ginger and salt, and serue the venison foorth vpon the sauce when it is roasted enough.

How to roast
fresh Sturgeon

If you will roast a peece of fresh Sturgeon, which is a dainty dish, you shall stop it with cloves, then spit it, and let it roast at great leasure, plying it continually with basting, which will take away the hardnesse: then when it is enough, you shall draw it, and serue it vpon venison sauce with salt onely throwne vppon it.

The

The roasting of all sorts of meates, differeth nothing but in the fires, spedde and leasure as is aforesayd, except these compound dishes, of which I haue giuen you sufficient presidents, and by them you may perfoime any worke whatsocuer : but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference : for in all joyns of meat except a shoulder of Mutton, you shall crush and breake the bones well, from Pigges and Rabbes you shall cut off the feete before you spit them, and the heads when you serue them to the table, and the Pigge you shall chine, and diuide into two parts : Capons, Pheasants, Chickens and Turkies you shall roast with the Pinions foulded vp, and the legges extended; Hennes, Steck-doues and House-doues, you shall roast with the pinions foulded vp, and the legges cut off by the knees, and thrust into the bodies: Quailes, Partridges, and all sorts of small birds shall haue their pinions cut away, and the legges extended: all sorts of Water-fowle shall haue their pinions cut away, and their legges turned backward: Wood-cockes, Snipes and Stints shall be roasted with their heads and neckes on, and their legges thrust into their bodies, and Shovelers and Bitterns shall haue no neckes but their heads onely.

Take a Cowes vdder, and first boyle it well: then sticke it thicke all ouer with Cloues: then when it is cold, spit it, and lay it to the fire, and apply it very well with basting of sweete Butter, and when it is sufficient-
ly roasted, and browne, then dredge it, and draw it
from the fire, take vinegar and butter, and put it on a
Ch. fying-ash and coales, and boyle it with White-
bred cunnes, till it be thick; then put to it good store
of

Ordering of
meates to be
roasted.

of Sugar and Cynamon, and putting it in a cleare dish: lay the Cowes Vdder therein, and trimme the sides of the dish with sugar, and so serue it vp.

To roast a fillet of Veale.

Take an excellent good legge of Veale, and cut the thicke part thereof a handfull and more from the Knuckle: then take the thicke part (which is the fillet) and fierce it in euery part all ouer with Strawberry-leaves, Violet-leaves, Sorrell, Spinage, Endiue and Succorie grossely chopt together, and good store of Onyons: then lay it to the fire and roast it very suffiently and browne, casting good store of salt vpon it, and basting it well with sweete Butter: then take of the former hearbes much finer chopt then they were for fiercing, and put them into a Pipkin with Vinegar, and cleane washit Currants, and boyle them well together: then when the hearbes are suffiently boyld and soft, take the yelkes of foure very hard boyld Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the grauncie which drops from the veale, and boyle it ouer againe, and then put it into a cleane dish, and the Fillet beeing dredg'd and drawne, lay vpon it, and trimme the side of the dish with Sugar, and so serue it vp.

O F
Sauces, and
first for a rost
Capon or Lur-
key.

Sauces for a hen
or Pullet.



To make an exellent sauce for a rost Capon, you shall take Onyons; and hauing sliced and pilled them, boyle them in faire water with pepper, salt, and a few bread-crummes: then put vnto it a spoonfull or two of Claret wine, the iuyce of an Orenge; and three or foure slices of a Lemmon-pill; all these shred together, and so powre it vpon the Capon being broake vp.

To make sauce for an old Hen or Pullet, take a good quanety of beere and salt, and mixe them well together with a few fine bread-crummes, and boyle them on

on a chaffing dish and coales, then take the yelkes of three or four hard Egges, and being shred small, put it to the Beere, and boyle it also: then the Hen being almost enough, take three or four spoonefull of the gravy which comes from her and put it in alto, and boyle all together to an indifferent thicknesse: which done, suffer it to boyle no more, but onely keepe it warme on the fire, and put into it the iuyce of two or three oren- ges, and the slices of Lemmon pils shred small, and the slices of orenges also having the vpper rine taken away: then the Henne beeing broken vp, take the brawnes thereof, and shredding them small, put it into the sauce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke vp) in the same.

The sauce for Chickins is divers, according to mens ^{Sauce for} tastes: for some will onely haue butter, Veriuice, and a little Parsley rolled in their bellies mixt together; others will haue Butter, veriuice and Sugar boild together with toasts of bread: and others will haue thick sippets with the iuyce of Sorrell and Sugar mixt together.

The best sauce for a Pheasant, is wter and onions slift, Pepper and a little Salt mixt together, and but skewed vpon the coales, and then powied vpon the Pheasant or Partridge being broken vp, and some will put thereto the iuyce or slices of an orenge or lemmen, or both: but it is according to taste, and indeed more proper for a Pheasant then a Partridge.

Sauce for 2 Qualle, Raile, or any fat big bird, is Claret wine and Salt mixt together with the gravy of the Bird, and a few fine bicad-clummes well boild together, and either a Sage-leafe, or Bay-leafe crust ameng it according to mens taste.

Sauce for pigeons.

The best sauce for Pigeons, Stockdones, or such like, is Vinegar and Butter melted together, and Parsley rosted in the r bellies, or vine-leaves rosted and mixed well together.

A generall
sauce for wild
fowle.

The most generall sauce for ordinary wild fowle rosted, as Duckes, Mallard, Widgen, Teale, Snipe, Sheldrake, Plouers, Paets, Guls, and such like, is easly mustard and vinegar, or mustard and verjuice mixt together, or else an onion, water and pepper, and some (especiall in the Court) vse onely butter melted, and not with any thing else.

Sauce for
green Geese.

The best sauce for green Geese is the iuyce offorrell and sugar mixt together with a few scalded Feberries, and serued vpon sippets, or else the belly of the green Goose fill with Feberries, and so rosted, and then the same mixt with veriuyce, butter, sugar and cynamon, and so serued vpon sippets.

Sauce for a
stuble goose.

The sauce for a stuble Goose is diuerse, according to mens minds, for some will take the pyp of rosted apples, and mixing it with vinegar, boyle them together on the fire with some of the grauy of the Goose, and a few Barberies and bread crummes, and when it is boylid to a good thicknesse, season it with sugar and a little cynamon, and so serue it vp: some will adde a little mustard and onions vnto it, and some will not rost the apples, but pare them and slice them, and that is the neerer way, but not the better. Others will fill the belly of the Goose full of Onions sliced, and oate-meale groats, and being rosted enough, mixe it with the grauy of the Goose, and sweete hearbs well boild together, and seasoned with a little veriuyce.

A Gallantine, or
Sauce for a
Swan, Bitter, Sho-

To make a Gallanine, or sauce for a Swan, Bitter, Sho- ueler, Herne, Ciane, or any large foule, take the blood of

the

the same lowle, and being sturd well, boile it on the fire, then when it comes to be checke, put vnto it *Vinegar* & <sup>Sheueler, or
large F. wie.</sup> good quantity, with a few fine bread-crummes, and so boile it over againe: then being come to good thicknes, season it with *Sugar* & *Cinamon*, so as it may taste prettily and sharpe vpon the *Cinamon*, and then serue it vp in saucers as you do *Mustard*: for this is called a *chauder* or *gallantine*, & is a fauce almost for any foule whatloever.

To make fauce for a Pigge, some take *Sage* and roast it in the belly of the Pigge, then boiling *veriuace*, *Butter* and *currants* together, take & chop the *Sage* small, and mixing the braines of the Pig with it, put all together, and so serue it vp. Sauce for a pig.

To make a faunce for a Ioynt of *Veale*, take all kind of *sweete Pot herbs*, and chopping them very small with the yelkes of two or three *Egges*, boyle them in *Vinegar*, and *Butter*, with a few bread crummes, and good store of *Currants*; then season it with *Sugar* and *Sinamon*, and a close or two crasht, and so powre it vppon the *Veale*, with the slices of *Orenzes* and *Lemons* about the dish.

Take *Orenzes* and slice them thin, and put vnto them *White w:ne* and *Rose water*, the pouder o! *Mace*, *Ginger* and *Sugar*, and set the same vpon a chaffing dish and coales, & when it is halfe boyled, put to it a good lump of *Butter*, and then lay good store of snippets of fine white bread therein, and so serue your *Chickens* vpon them, and trimme the sides of the dish with *Sugar*. Additions,
vnto Sauces.
Sups for Chickens.

Take faire water and set it ouer the fire, then slice good store of *Onions* and put into it, and alio *Pepper* and *Salt*, and good store of the grauy that comes from the *Turkie*, and boyle them very well together: then put to it a few fine crummes of grated bread to thicken it; Sauce for a
Turkie.

a very little Sugar and some vinegar, and so serue it vp with the Turkey: or otherwise, take grated white bread and boile it in White wine till it be thicke as a Gallantine, and in the boyling pat in good store of Sugar and Cynamon, and then with a little Turnesole make it of a high Murrey colour, and so serue it in Saucers with the Turkey in the manner of a Gallantine.

The best Gal-
lantine.

Take the blood of a Swan, or any other great Fowle, and put it into a dish; then take Stewed Prunes and put them into a strainer, and straine them into the bloud; then set it on a chaffing-dish and coales, and let boyle, ever stirring it till it come to be thicke, and season it very well with Sugar and Cynamon, and so serue it in sarcers with the Fowle, but this sauce must be serued cold.

Sauce for a
Mallard.

Take good store of Onions, pill them, and slice them, and put them into vinegar, and boyle them very well till they be tender: then put into it a good lumpe of sweete butter, and season it well with Sugar and Cynamon, and so serue it vp with the Fowle.

O F
Carbonados.

Charbonados, or Carbonados, which is meate broiled vpon the coales (and the inuention thereof first brought out of France, as appeares by the name) are of diuers kinds according to mens pleasures: for there is no meate either boiled or roasted whatsoeuer, but may afterwards be broiled, if the Maister thereof be disposed; yet the generall dishes for the most part which are vted to be Carbonadoed, are a Breast of Mutton halfe boyled, a shoulder of Mutton halfe roasted, the Leggs, Winges, and Carkases of Capon, Turkey, Goose, or any other Fowle whatsoeuer, especially Land-Fowle.

What is to be
Carbonadoed.

And lastly, the vttermost thicke skinne which couereth the ribbes of Beefe, and is called (beeing broyled)

broyled) the Inns of Court-Goose, and is indeed a dish vsed most for wantonnesse, sometimes to please appetite: to which may also be added the broyling of Pigs heads, or the braines of any Fowle whatsocuer after it is roasted and drest.

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meate you must Carbonadoe, and scorch it both aboue and below, then sprinkle good store of *Salt* vpon it, and baste it all ouer with sweete *Butter* melted, which done, take your broiling-iron, I doe not meane a Grid-iron (thoughe it be much vsed for this purpose) because the smoake of the coales, occasioned by the dropping of the meate, will ascend about it, and make it stinke; but a plate-Iron made with hookes and pricks, on which you may hang the meate, and set it close before the fire, and so the Plate heating the meate behind, as the fire doth before, it will both the sooner, and with more neatenesse bee readie: then having turned it, and basted it till it bee very browne, dredge it, and serue it vp with *Vinegar* and *Butter*.

Touching the roasting of Mutton, Venison, or any other Ioynt of meate, which is the most excellentest ring of Mutton of all Carbonadoes, you shall take the fairest and largest that can possibly be got (for leane meate is losse of labour, and little meate not worth your time,) and having scorcht it, ane cast salt vpon it, you shall set it on a strong forke, with a dripping pan vnderneath it, before the face of a quicke fire, yet so farre off, that it may by no meane scorch, but toast at leisure; then with that which falles from it, and with no other basting, see that you baste it continually, turning it euer and anon many times, and so oft, that it may soake and

browne at great leisure, and as oft as you baste it, so oft
sprinkle Salt vpon it, and as you see it toast scorch it
deeper and deeper, especially in the thickest and most
fleshy parts where the blood most resteth: and when
you see that no more blood droppeth from it, but the
grauy is cleere and white; then shall you serue it vp ei-
ther with venison fauce, or with vinegar, pepper and su-
gar, cynamon, and the iuyce of an orenge mixt together
and warmed with some of the grauy.

Additions,

 Unto Carbo-
nados.
A rasher of
mutton, or
lambe.

Take mutton or Lambe that hath bene either rosted,
or but parboyl'd, and with your knife scorch it many
wayes; then lay it in a deepe disli, and put to it a pint
of white Wine, and a little whole mace, a little slic't
nutmeg, and some sugar, with a lumpe of sweete but-
ter, and stew it so till it be very tender: then take it
forth, and browne it on the Grid.yron, and then lay-
ing sippets in the former broth serue it vp.

How to carbo-
nado tongues.

Take any tongue, whether of Beefe, Mutton, Calues,
red Deere or Fallow, and being well boyl'd, pull them,
cleane them, and scorch them many wayes; then take

three or four Egges broken, some Sugar, Cynamon
and Nutmeg, and hauing beaten it well together, put
to it a Lemon cut in thin slices, and another cleane pild,
and cut into little foure-square bits; and then take the
tongue and lay it in: and then hauing melted good store
of butter in a frying-pan, put the tongue and the rest
therein, and so fry it browne, and then dish it, and scrape
sugar vpon it, and serue it vp.

Additions

 For dressing of
Fissh.
How to souce
any fresh-fish.

Take any Fresh-fish whatsoeuer (a Pike, Breame,
Carpe, Barbell, Cheain, and such like, and draw it, but
scale it not; then take out the Liuer and the refuse, and
hauing opened it, wash it; then take a pottle of faire wa-
ter, a pretty quantity of white wine, good store of salt,
and

and some vinegar, with a litle bunch of sweete hearbs, and set it on the fire, and as soone as it begins to boile, put in your fish, and hauing boild a little, take it vp into a faire vessell, then put into the liquor some grosse pepper and ginger, & when it is boild well together with more salt, set it by to coole, and then put your fish into it, and when you serue it vp, lay Fenell thereupon.

To boyle small fish, as Roches, Daees, Gudgeon or Flounders, boyle White-wine and water together with a bunch of choise hearbs, and a little whole mace, when all is boyled well together, put in your fish, and skim it well: then put in the soale of a manchet, a good quantity of sweet butter, and season it with pepper and veriuice, and so serue it vpon sippets, and adorne the sides of the dish with sugar.

First, draw your fish, and either split it open in the backe, or ioyn it in the backe, and trusse it round, then wash it cleane, and boyle it in water and salt, with a bunch of sweete hearbs: then take it vp into a large dish, and powre vnto it veriuice, Nutmeg, Butter and Pepper, and letting it stew a little, thicken it with the yelkes of Egges: then hot remoue it into another dish, and garnish it with slices of Orenge and Lemons, Barberies, Prunes and Sugar, and so serue it vp.

After you haue drawne, washt and scalded a faire large Carpe, season it with pepper, salt and Nutmeg, and then put it into a coffin with good store of sweete butter, and then cast on Rayfins of the Sunne, the iuyce of Lemons, and some slices of ornge pils; and then sprinkling on a little vinegar, close vp and bake it.

First, let your Tench blood in the tayle, then scourre it, wash it, and scald it; then hauing dried it, take the fine crummes of bread, sweete Creame, the yelkes of

How to boyle
small Fish.

To boyle a
Guinet or Ro-
chet.

How to bake a
Carpe.

How to bake a
Tench.

Egges, Currants cleane wash'd, a few sweete hearbes chop small, season it with Nutmegs and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench: then season the fish on the outside with pepper, salt and Nutmeg, and so put it into a deepe coffin with sweete Butter, and so close vp the pye and bake it: then when it is enough, draw it, and open it, and put into it a good peece of preserved Orenge minst: then take Viægar, Nutmeg, Butter, Sugar, and the yelke of a new layd egge, and boyle it on a Chaffing-dish and coales, alwayes stirring it to keepe it from curding; then powre it into the pye, shake it well, and so serue it vp.

**How to strew
a Trout.**

Take a large Trout, faire trim'd, and wash it, and put it into a deepe pewter dish, then take halfe a pint of sweete wine, with a lumpe of butter, and a little whole mace, parsley, saury and tyme, mince them all small, and put them into the Trout's belly, and so let it stew a quarter of an houre: then minse the yelke of an hard Egge, strow it on the Trout, and laying the hearbs about it; and scraping on sugar, serue it vp.

**How to bake
Eels.**

After you haue drawne your Eels, chop them into small pecces of three or four inches, and season them with Pepper, Salt and Ginger, and so put them into a coffin with a good lumpe of butter, great Rayns, Onions small chopp'd, and so close it, bake it, and serue it vp:

**O F
The pastery and
biscuiteales**

Next to these already rehearsed, our English Housewife must be skilfull in pastery, and know how and in what manner to bake all sorts of meate, and what past is fit for euery meate, and how to handle and compound such pasts: As for example, red Deere venison, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, wold be

be bak't in a moyst, thicke, tough, course, & long-lasting crust, and therefore of all other your Rye paste it best for that purpose: your Turkie, Capon, Pheasant, Partridge, Veale, Peacockes, Lambe, and all soits of water-fowle which are to come to the table more then once (yet not many dayes, would be back't in a good white crust, somewhat thick; therefore your Wheate is fit for them: your Chickens, Calues-feet, Olives, Potatoes, Quinces, Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shorkest and thinnest crust; therefore your fine wheat flower which is a little baked in the ouen before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of pastis, Of the mix-
you shall vnderstand that your rye paste would be knead- ture of pastis.
ed onely with hot water and a little butter, or sweete
seame and Rye flower very finely sifted, and it would be
made tough & stiffe, that it may stand well in the rising,
for the coffin therof must cuer be very deep; your course
wheat crust would be kneaded with hot water, or Mutton
broth, and good store of butter, and the paste made
stiffe and tough; because that coffin must be deepe also;
your fine wheat crust must be kneaded with as much
butter as water, and the paste made reasonable lythe and
gentle, into which you must put three or fourre egges or
more, according to the quantity you blend together,
so they will give it a sufficient stiffening.

Now for the making of pufse past of the best kind, you Of pufse-past.
shall take the finest wheat flowre after it hath bin a little
back't in a pot in the ouen, and blend it well with egges
whites and yelkes a'l together, and after the paste is
well kneaded, roule out a part thereof as thinkie as you
please, and then spread cold sweete butter ouer the
Same,

same, then vpon the same butter role another leafe of the paste as before ; and spread it with butter also ; and thus role leafe vpon leafe with butter betweene till it be as thicke as you thinke good : and with it either couer any bak't meate, or make pastie for Venison, Florentine, Tart' or what dish else you please and so bake it : there be some that to this paste vse sugar , but it is certaine it will hinder the rising thereof ; and therefore when your puffe paste is bak't, you shall dissolve sugar into Rose-water, and drop it into the paste as much as it will by any meanes receiue, and then set it a little while in the ouen after and it will be sweete enough.

Of baking Red
Deere, or Fal-
low, or any
thing to keepe
cold.

When you bake red Deere, you shall first parboile it and take out the bones, then you shall if it be leane latde it, if fat saue the charge, then put it into a preſſe to squeeze out the blood ; then for a night lay it in a meare ſaucē made of Vinegar, ſmall drinke and ſalt, and then taking it forth, ſealon it well with Pepper finely beaten, and ſalt well mixt together, and ſee that you lay good ſtore thereof, both vpon and in euery open and hollow place of the Veniſon ; but by no meanes cut any flaſhes to put in the Pepper, for it will of it ſelſe ſinkē fast enough into the fleſh, and be more pleasant in the eaſting : then hauiing raised the coſſin, lay in the bottome a thicke courſe of butter, then lay the fleſh thereon and couer it all ouer with butter, and ſo bake it as much as if you did bake great browne bread; then when you draw it, melt more butter with three or four ſpoonfull of Vinegar, and twice ſo much Claret wine, and at a vent hole on the toppe of the lidde powre in the ſame till it can receiue no more, and ſo let it ſtand and coole ; and in this ſort you may bake Fallow-Deere, or Swanne, or whatſoever else you please

please to keepe cold, the meare sauce onely being left
out which is onely proper to red Deere: And if to your meare sauce you adde a little Turnesole; and therein steepē beefe, or Ramme mutton: you may also in the same manner take the first for Red Deere Venison, and the latter for Fallow, and a very good iudgement shall not be able to say otherwise, then that it is of it selfe perfect Venison, both in taste, colour, and the manner of cuttting.

To bake an excellent Custard or Dowset: you shall take good store of egges, and putting away one quarter of the whites; beate them exceeding well in a bason, and then mixe with them the sweetest and thickest creame you can get, for if it be any thing thinne, the Custard will be wheyish: then season it with salt, sugar, cinnamon, cloves, mace, and a little Nutmegge: which done raise your coffins of good tough wheate paste, being the second sort before spoke of, and if you please raise it in pretty workes, or angular formes, which you may doe by fixing the vpper part of the crust to the ne- ther with the yelks of egges: then when the coffins are ready, strow the bottomes a good thicknesse ouer with Currants and Sugar, then set them into the Ouen; and fit them vp with the confection before blended; and so drawing them, adorne all the toppes with Cartaway Cumfets, and the slices of Dates pickt right vp, and so serue them vp to the table.. To preuent the wheyishnes of the Custard, disolute into the first confection a little Issinglassse and all will be fime.

To make an excellent Olieue-pie: take sweete hearbs as Violet leaues, Strawbery leaues, Spinage, Succory, Endiae, Tyme and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them

it.

To bake beefe
or mutton for
Venison.

To bake a Cu-
stard or Dow-
set.

To bake an
Olieue-pye.

it will give the better taste, then take the yelks of hard egges with Currants, Cinamon, Cloues and Mace, and chop them amongst the hearbs also; then having cut out long olives of a legge of Veale, roule vp more then three parts of the hearbs so mixed within the Oliues, together with a good deale of sweet butter; then having raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins having the stones pickt out: then put in the Oliues and couer them with great Raisins and a few Prunes: then ouer all lay good store of Butter and so bake them: then being sufficiently bak't, take Claret wine, Sugar, Cinamon, and two or three spoonefull of wine Vinegar and boile them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Ouen againe a litle space, and so serue it forth.

To make a
Marow bone
pye.

To bake the best Marrow-bone pye, after you haue mixt the crusts of the best sort of pastes, and raised the coffin in such manner as you please: you shall first in the bottome thereof lay a course of marrow of Beefe mixt with Currants: then vpon it a lay of the soales of Artichokes, after they haue beeene boiled, and are diuided from the thistle: then couer them ouer with marrow, Currants, and great Raisins, the stones pickt out: then lay a course of Potatoes cut in thicke slices, after they haue beeene boiled soft, and are cleane pild: then couer them with marrow, Currants, great Raisins, Sugar and Cinamon: then lay a layer of candied Eringo-rootes mixt very thicke with the slices of Dates: then cover it with marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damaske-prunes, and so bake it: and after it is bakt powre into it as long as

it will receive it white-wine, rose-water, sugar, cinnamon, and vinegar, mixt together, and candie all the couer with rose-water and sugar onely, and so set it into the ouen a little, and after serue it forth.

To bake a chicken-pie, after you haue trust your chickens, broken their legges and breast-bones, and rai-
sed your crust of the best paste, you shall lay them in
the coffin close together with their bodies full of but-
ter: then lay vpon them, and vnderneath them currants,
great raisins, prunes, cinnamon, sugar, whole mace and
salt: then couer all with great store of butter, and so
bake it; after powre into it the same liquor you did in
your marrow-bone Pie with yelkes of two or three egs
beaten amongst it; and so serue it forth:

To bake a chie-
ken-pie.

To make good Red-Deere Venison of Hares, take a
Hare or two, or three; as you can or please; and picke
all the flesh from the bones; then put it into a morter
either of wood or stone, and with a wooden pestle let
a strong person beat it exceedingly, and euer as it is
beating, let one sprinkle in *vinegar* and some *salt*; then
when it is sufficiently beaten, take it out of the morter,
and put it into boiling water and parboile it: when it is
parboild, take it and lay it on a table in a round lumpe,
and lay a board ouer it, & with weights presse it as hard
as may be: then the water being prest out of it, season
it well with *Pepper* and *Salt*: then lard it with the fat of
Bacon so thicke as may be: then bake it as you bake o-
ther Red-Deere, which is formerly declared.

Additions
to the Pastery.
Venison of
Hares.

To bake a Hare
pye.

Take a *Hare* and pick off all the flesh from the bones,
and on'y reserue the head, then parboile it well: which
done, take it out and let it coole, as soone as it is cold;
take at least a pound and halfe of *Raisins* of the Sunne,
and take out the stones: then mixe them with a good
quantity

quantity of Mutton luet, and with a sharpe shredding knife shred it as small as you would doe for a Chewet: then put to it Currants and whole Raisins, Cloves and Mace, Cinnamon and Salt: then having taile the coffin long wise to the proportion of a Hare, first lay in the head, and then the aforesaid meate, and lay the meate in the true portion of a Hare, with necke, shoulders, and legges, and then couer the coffin and bake it as other bak't meates of that nature.

A Gammon of
Bacon-pie.

Take a Gammon of Bacon and onely wash it cleane, and then boile it on a soft gentle fire, till it be boiled as tender as is possible, euer and anon stetting it cleane, that by all meanes it may boile white: then take off the swerd, and searle it very well with all manner of sweete and pleasant lesssing herbes: then strow store of Pepper ouer it, and pricke it thicke with Cloves: then lay it into a coffin made of the same proportion, and lay good store of Butter round about it, and vpon it, and strow Pepper vpon the Butter, that as it melts, the Pepper may fall vpon the Bacon: then couer it, and make the proportion of a Piggis head in paste vpon it, and then bake it as you bake Kid Deere, or things of the like nature, onely the Paste would be of Wheate-meale.

A Herring-pie.

K.

Take white pickled Herrings of one nights watering and boyle them a little: then pill off the skinne and take onely the backs of them, and pickle the fish cleane from the bones, then take good stote of Raisins of the Sunne, and stone them, and put them to the fish: then take a Warden or two, and pare it, and slice it in small slices from the chore, and put it likewise to the fish: then with a very sharpe shredding knife shred all as small and fine as may be: then put to it good store of Currants, Sugar, Cinnamon, slict Dates, and so put

iz

it into the coffin with good store of very sweet Butter, and so couer it, and leaue onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: When it is sufficiently bak't, draw it out, and take Claret-wine and a little Verjuice, Sugar, Cynamon, and sweet Butter, and boile them together; then put it in at the vent-hole, and shake the pie a little, and put it againe into the Ouen for a little space, and so serue it vp, the lid being candied ouer with Sugar, and the sides of the dish trimmed with Sugar.

Take a Iole of the best Ling that is not much watred, and is well sodden and cold, but whilst it is hot take off the skin, and pare it cleane vnderneath, and pick out the bones cleane from the fish: then cut it into grosse bits, and let it lie: then take the yelks of a dozen Egges boild exceeding hard, and put them to the fish, and shred all together as small as is possible: then take all manner of the best and finest pot-heibs, and chop them wonderfull small, and mixe them also with the fish; then season it with Pepper, Cloues, and Mace, and so lay it into a coffin with great store of sweete Butter, so as it may swimme therein, and then couer it, and leaue a vent hole open in the top when it is bak't, draw it, and take Verjuice, Sugar, Cynamon and Butter, and boile them together, and first with a feather annoynt all the lid ouer with that liquor, and then scrape good store of sugar vpon it; then powre the rest of the liquor in at the vent hole, & then set it into the Ouen againe for a very little space, and then serue it vp as pies of the same rathe, and both these pies of fish before rehearsed, are especial Lenten dishes.

Take a pint of the sweetest and thickest Creame that can be gauen, and let it on the fire in a very cleane scowred

A Northolme
ooke.

scowred skillet, and put into it *Sugar*, *Cinamow* and a *Nutmegge* cut into foure quarters, and so boile it well: then take the yelkes of foure *Egs*, and take off the filmes, and beare them well with a little sweete *Creame*: then take the foure quarters of the *Nutmegge* out of the *Creame*, then put in the *Egges*, and stirre it exceedingly, till it be thicke: then take a fine Manchet, and cut it into thin shives, as much as will cover a dish-bottome, and holding it in your hand, powre halfe the *Creame* into the dish: then lay your bread ouer it, then couer the bread with the rest of the *Creame*, and so let it stand till it be cold: then strow it ouer with *Carraway* *Comfets*, and picke vp some *Cinamon* *Comfets*, and some slic't Dates; or for want thereof, scrape all ouer it some *Sugar*, and trim the sides of the dish with *Sugar*, and so serue it vp.

A Tripe.

Take a pint of the best and thickest *Creame*, and set it on the fire in a cleare skillet, and put into it *Sugar*, *Cinamon*, and a *Nutmegge* cut into foure quarters, and so boile it well: then put it into the dish you intend to serue it in, and let it stand to coole till it be no more then luke-warme: then put in a spoonefull of the best earning, and stirre it well about, and so let it stand till it be cold, and then strow *Sugar* vpon it, and so serue it vp, and this you may serue either in dish, glasse, or other plate.

A Calves feete
Pie.

Take *Calves* feete well boild, and picke all the meate from the bones: then being cold i reç it as small as you can, then season it with *Cloves* and *Grace*, and put a good store of *Currans*, *Raisins*, and *Prunis*: then put i into the coffin with good store of sweete *Butter*, then breake in whole stickes of *Cinamon*, and a *Nutmegge* slic't into foure quarters, and season it before with salt: then

then close vp the coffin, and onely leue a vent-hole. Whien it is bak't, draw it, and at the vent-hole put in the same liquor you did in the *Ling-pie*, and trim the lid after the same manner, and so serue it vp.

Take of the greatest *Oysters* drawne from the shells, and parboile them in *Feriuice*: then put them into a cullander, and let all the moystate run from them, till they be as dry as is possible: then raise vp the coffin of the pie, and lay them in: then put to them good store of Currants and fine powdered Sugar, with whole Mace, whole Cloues, whole Cinamon, and Nutmeg slic't, Dates cut, and good store of sweete butter: then couer it, and onely leue a vent-hole: when it is bak't, then draw it, and take White-wine, and White-wine-vinegar, Sugar, Cinamon, and sweete butter, and melt it together; then first trim the lid therewith, and candie it with Sugar; then powre the rest in at the vent-hole, and shake it well, and so set it into the ouen againe for a little space, and so serue it vp; the dish edges trimd with Sugar. Now some vse to put to this pie *Onions* sliced and shred, but that is referred to discretion, and to the pleasure of the taste.

Take strong *Ale*, and put to it of *Wine-vinegar* as much as will make it sharpe: then set it on the fire, and boile it well, and skum it, and make of it a strong brine with *Bay salt*, or other salt: then take it off, and let it stand till it be cold, then put your *Vension* into it, and let it lie in it full twelue houres: then take it out from that meat saunce, and pisse it well; then parboyle it and season it with *Pepper* and *Salt*, and bake it, as hath beene before shewed in this Chapter.

Take the brawnes and the wings of Capons and Chickens after they haue beene rosted, and pull away the

To recover Ve-
nison
which hath
rained.



A Chicerpys

skin, then shred them w^t the Merten suet very small: then season it w^t Claves, Mace, Cynamon, Sug^r and Salt. then putt to ha fons of the Sunre & Currants and slict Dates, and Orenge pills, and being wel mixt together, putt it into small coffins made for the purpose and strow on the top of hem good store of Currants, Compotes: then couer them, and bake them with a gentle heat, and these Chewers you may also make of rosted Veale, seasoned as before shewed, and of all partes the loyne is the best.

A wine pie. Take a Legge of Mutton, and cut the best of the flesh from the bone, and parboyle it well: then putt to it three pound of the best Mutton suet, and shred it very small: then spread it abroad, and season it w^t Pepper and Salt, Claves and Mace: then putt in good store of Currants, great Raisins and Prunes cleane wash^t and pickt, a few Dates slict, and some Orenge pills slict: then being all wel mixt together, putt it into a coffin, or into diuers coffins, and so bake them: and when they are serued vp open the liddes, and strow store of Sug^r on the top of the meate, and vpon the lid. And in this sort you may also bake Beefe or Veale; onely the Beefe would not bee parboyl^d, and the Veale will aske a double quantity of Sug^r.

A Pippin pie. Take of the fairest and best Pippins, and pare them, and make a hole in the top of them; then prick in each hole a Clove or two, then putt them into the coffin, then breake in whole stickes of Cynamon, and slices of Orenge pills and Dates, and on the top of every Pippin a little peece of tweete butter: then fill the coffin, and couer the Pippins ouer with Sug^r; then cloise vp the pie, and bake it, as you bake pies of the like nature, and

and when it is bak't, annoint the lidde ouer with store of sweete butter, and then strow sugar vpon it a good thicknesse, and set it into the ouen againe for a little space, as whildest the meate is in dishing vp, and then serue it.

Take of the fairest and best *Wardens*, and pare them, and take out the hard chores on the top, and cut the sharpe ends at the bottome flat; then boyle them in *White wine* and *Sugar*, vntill the sirrup grow thicke: then take the *Wardens*, from the sirrup into a cleare dish, and let them coole; then set them into the coffyn, and prick *Cloves* in the tops, with whole sticks of *Cinnamon*, and great store of *Sugar*, as for *Pippins*, then cover it, and onely reserve a vent-hole, so set it in the ouen and bake it: when it is bak't, draw it forth, and take the first sirrup in which the *Wardens* were boyled, and taste it, and if it be not sweet enough, then put in more *Sugar* and some *Rose water*, and boyle it againe a little, then powre it in at the vent-hole, & shake the pie well; then take sweet butter and *Rose water* melted, and with it annoint the pie-lid all ouer, and then strow vpon it store of *Sugar*, and so set it into the ouen againe a little space, and then serue it vp. And in this maner you may also bake *Quinces*.

Take the best and sweetest wort, and put to it good store of *Sugar*; then pare and chore the *Quinces* cleane, and put them therein, and boyle them till they grow tender: then take out the *Quinces* and let them coole, & let the pickle in which they were boyled stand to coole also; then straine it through a raunge or siue, then put the *Quinces* into a sweete earthen pot, then powre the pickle or sirrup vnto them, so as all the *Quinces* may be quite couered all ouer; then stop vp the pot close;

To preserue
q i ces to bake
all the yea.

and set it in a dry place, and once in sixe or seuen wecks looke vnto it; and if you see it shrinke, or doe begin to hoare or mispild, then powre out the pickle or siriup, and renewing it, boyle it ouer againe, and as before put it to the *Quince's* being cold and thus you may preseue them for the vse of baking, or otherwise all the yeere.

A Pippen Tart. Take Pippins of the fairest, and pare them, and then diuide them iust in the halffes, and take out the chores cleane: then having rold out the coffin flat, and laid vp a small verdge of an inch, or more high, lay in the Pippins with the hollow side downward, as close one to another as may be: then lay here and there a clove, and here and there a whole sticke of *Sinamon*, and a little bit of butter: then couer all cleane ouer with sugar, and so couer the coffin, and bale it according to the manner of Tarts; and when it is bak't, then draw it out, and having boyled Butter and rose water together, annoynt all the lid ouer therewith, and then scrape or strow on it good store of *Sugar*, and so set it in the oven againe, and after leue it vp:

A codlin Tart. Take greene Apples from the tree, and codle them in scalding water without breaking; then pill the thinne skin from them, and so diuide them in halffes, and cut out the chores, and so lay them into the coffin, and doe in euery thing as you did in the Pippin tart; and before you couer it when the *Sugar* is cast in, see you sprinkle vpon it good store of *Rose-water*, then close it, and doe as before shewed.

A codling pie. Take Codlins as before said, and pill them and diuide them in halffes, and choise them, and lay a leare thereof in the bottome of the pie: then scatter here and there a clove, and here and there a peice of whole *Sinamon*; then couer them all ouer with *Sugar*, then lay another

another leare of *Codlins*, and doe as before said, and so another , till the coffin be all filled ; then couer all with Sugar , and here and there a Cloue and a Cynamon- sticke , and if you will a shc't Orange pill and a Date ; then couer it , and bake it as the pies of that nature : when it is bak't, draw it out of the ouen, and take of the thickest and best Creame with good store of Sugar, and giue it one boile or two on the fire : then open the pie, and put the Creame therein, and mash the Codlins all about ; then couer it, and hauing trimd the hidde (as was before shewed in the like pies and tarts) set it into the ouen againe for halie an hour , and so serue it forth.

Take the fairest Cherries you can get, and pick them cleane from leaues and stalkes : then spread out your coffin as for your Pippin-tart , and couer the bottome with Sugar : then couer the Sugar al ouer with Cherries, then couer those Cherries with Sugar, some sticks of Cynamon , and here and there a Cloue : then lay in more cherries, and so more Sugar, Cynamon and cloves, till the coffin be filled vp : then couer it , and bake it in all points as the codling and pipping tart , and so serue it : and in the same manner you may make Tarts of Gooseberries, Strawberies, R.asberries, Bl.berries, or any other Berrie whatsoeuer.

Take *Rice* that is cleane picked, and boyle it in sweet *Creame*, till it be very soft : then let it stand and coole, and put into it good store of *Cynamon* and *Sugar* , and the yelkes of a couple of *Egges* and some *Curriants*, stir and beate all well together . then hauing made the coffin in the manner before said for o. her tarts . put the *Rice* therin , and spicad it all over the coffin : then breake many little bus of sweet butter vpon it all over,

and scrape some sugar ouer it also, then couer the tart, and bake it, and trim it in all points, as hath bene before shewed, and so serue it vp.

A Florentine.

Take the Kidneys of veale after it hath bene well rosted, and is cold: then shred it as fine as is possible; then take all sorts of sweete Pot hearbs, or fearsing hearbs, which haue no bitter or strong taste, and chop them as small as may be, and putting the veale into a large dish, put the hearbs vnto it, and good store of cleane washt Currants, Sugar, Cinamon, the yelkes of foure egges, a little sweete creame warmd, and the fine grated cruimmes of a halfe penny loafe and salt, and mixe all exceeding well together: then take a deepe pewter dish, and in it lay your paste very thin row'd out, which paste you must mingle thus: Take of the finest wheat-flower a quart, and a quarter so much sugar, and a little cinamon; then breake into it a couple of egges, then take sweet creame and butter melted on the fire, and with it knead the paste, and as was before sayd, hauing spread butter all about the dishes sides: then put in the veale, and breake pec ces of sweete butter vpon it, and scrape sugar ouer it; then rowle out another paste reasonable thicke, and with it couer the dish all ouer, closing the two pastes with the beaten whites of egges very fast together: then with your knife cut the lid into diverse pretty workes according to your fancy: then set it in the Ouen and bake it with pies and tarts of like nature: when it is back't, draw it, and trim the lid with sugar, as hath bene shewed in tarts, and so serue it vp in your second courses.

A pruentart.

Take of the fairest damaske pruens you can get, and put them in a cleane pipkin with faire water, Sugar, vnbruised Cinamon, and a braunch or two of Rosemary.

mary , and if you haue bread to bake , stew them in the ouen with your bread : if otherwise, stew them on the fire : when they are stewed , then bruise them all to mash in their sirrop , and strayne them into a cleane dish ; then boyle it ouer againe with Sugar, Cinamon, and Rose-water , till it be as thicke as Marmalad : then set it to coole , then make a reasonable ruffe paste with fine flower, Water, and a little butter , and rowle it out very thinnie : then hauing patternes of paper cut into diuerse proportions, as Beastes, Birdes, armes, Knots, Flowers , and such like : Lay the patternes on the paste, and so cut them accordingly : then with your fingers pinch vpp the edges of the paste , and set the worke in good proportion / : then pricke it well all ouer for rising ; and set it on a cleane sheete of large paper, and so let it into the Ouen , and bake it hard ; then drawe it, and set it by to coole : and thus you may doe by a whole Ouen full at one time , as your occasion of expence is : then against the time of seruice comes, take off the confection of pruens before reharsed, and with your Knife, or a spoone fill the coffin according to the thicknesse of the verge ; then strow it ouer all with Caraway comfets, and pricke long comfets upright in it, and so taking the paper from the botome, serue it on a plate in a dish or charger , according to the bignesse of the tart, and at the second course , and this tart carrieth the colour blacke.

Take apples and pare them, and slice them thin from the chore into a pipkin with White-wine , good store of Sugar , Cinamon , a few Saunders and Rosewater, and boy le it till it be thicke; then coole it, and straine it, and beate it very well together with a spoone : then put it into the cefsin as you did the Puen tart , and

a forme it also in the same manner, and this tart you may
fill thicker or thinner, as you please to raise the edge of
the coffin, and it carrieth the colour red.

A Spinage
tart.

Take good store of Spinage, and boyle it in a Pipkin
with White wine till it be very soft as pap: then take it
and straine it well into a pewter dish, not leauing any
part vnstrained: then put to it Rosewater, great store of
sugar and cynamon, and boyce it till it be as thicke as
Marmalad, then let it coole, and after fill your coffin,
and adorne it, and serue it in all points as you did your
pruen-tart, and this carrieth the colour greene.

A yellow tart.

Take the yelkes of eg., and breake away the filmes,
and beate them well w th a little creame: then take of
the sweetest and thickest creame that can be got, and set
it on the fire in a cleane skillet, and put into it sugar, ci-
nimoar and rose water, and then boyle it well: when it
is boyled, and still boylling, stirre it well, and as you stirre
it, put in the eggs, and so boyle it till it curdle; then take
it from the fire and put it into a strainer, and first let the
thin whay runne away into a by dish, then straine the
rest very well, and beate it well with a spooe, and so
pur it into the tart coffin, and adorne it as you did your
pruen-tart, and so serue it: this carrieth the colour
yellow.

A white tart.

Take the whites of eg. and beate them with rose-wa-
ter, and a little sweet creame: then set on the fire good
thicke sweete creame, and put into it sugar, cynamon,
rose-water, and boyle it well, and as it boyles stirre it
exceedy, and in the stirring put in the whites of eg.; then
boyle it till it curdle, and after doe in all things as
you did to the yellow tart; and this carrieth the colour
white; and it is a very pure white, and therefore would
be adored with red carraway comets, and as this so
wch

with blaunched almonds like white tartts and full as pure. Now you may (if you please) put all these seuerall colours, and severall stuffes into one tart, as thus: If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another; and the tallents of another: and so of birds, the body of one colour, the eyes another, the legges of another, and euery feather in the wings of a severall colour according to fancy: and so likewise in armes, the field of one colour, the charge of another, according to the forme of the Coat armour; as for the mantles, trailes and deuices about armes, they may be set out with severall colours of preserues, conseives, marmalads, and goodinyakes, as you sha l find occasion or inuention, and so likewise of knots, one trayle of one colour, and another of another, and so of as many as you please.

Take sorrell, spinage, parsley, and boyle them in wa- An hearbe
ter till they be very soft as pap, then take them vp, and
presle the water cleane from them, then take good store
of yelkes of egges boild very hard, and chopping them
with the heabes exceeding small, then put in good
store of currants, sugar and cynamon, and stirre all well
together; then put them into a deepe tart coffin with
good store of sweet butter, and couer it, and bake it like
a pippin tart, and adorne the lid after the baking in that
manner also, and so leue it vp.

Take a quart of the best creame, and set it on the fire, and slice a loafe of the lightest white bread into thinne slices, and put into it, and let it stand on the fire till the milke begin to rise, then take it off, & put it into a bason, and let it stand till it be cold: then put in the yelkes of oure egges, and two whites, good store of currants,
sugar,

To bake a pud-
ding pie.

Sugar, Cinamou, Cloues, Mace, and plenty of Sheepe's suet finely shred, and a good season of Salt; then trim your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serue it, strow Sugar vpon it.

A Whi-por.

Take the best and sweetest creame, and boile it with good store of *Sugar*, and *Cinamon*, and a little Rose-water, then take it from the fire and put into it cleane pickt ryce, but not so much as to make it thicke, & let it steepe therein till it be cold; then put in the yelks of sixe eggs, & two whites, *Currants, Sugar, Cinamon, and Rose-water*, and *Salt*, then pu: it into a pan, or pot, as thin as if it were a custard; and so bake it and serue it in the pot it is baked in, trimming the top with sugar or comfets.

O F
banqueting
stiffe and con-
ceited dishes.

There are a world of other Bak't meates and Pies, but for as much as whosoeuer can doe these may doe all the rest, because herein is contained all the Art of seasonings, I will trouble you with no further repetitions; but proceede to the manner of making of Banqueting stiffe and conceited dishes, with other pretty and curious secrets, necessary for the vnderstanding of our English Hous-wife: for albeit they are not of generall vse, yet in their due times they are so needfull for adornation, that whosoeuer is ignorant therein, is lame, and but the halfe part of a compleat Hous-wife.

To make paste
of Quinces.



To make paste of Quinces: first boile your Quinces whole and when they are soft, pare them and cut the Quince from the core; then take the finest sugar you can get finely beaten and searsed, and put in a little Rose-water and boile it together till it be thicke; then put in the cut Quinces and boile them together till it be stiffe enough to mold, and when it is cold, then role it and print it; a pound of Quinces will take a pound of sugar,

or

or neere thereabouts.

To make thin Quince-cakes, take your quince when it is boyled soft as before said, and dry it vpon a Pewter plate with soft heate, & be euer stirring of it with a slice quince cakes, till it be hard; then take searced sugar quantity for quantity, & strow it into the quince, as you beate it in a wooden or stone morter: and so role them thin & print them.

To preserue Quinces: first pare your Quinces and To preseue
take out the cores and boile the cores and parings all together in faire water, and when they beginne to be soft, quinces.
take them out and straine your liquor, and put the waight of your Quinces in sugar, and boile the Quinces in the sirrup till they be tender: then take them vp and boile your sirrup till it be thicke: If you will haue your Quinces red, couer them in the boiling, and if you will haue them white doe not couer them.

To make Ipocras, take a pottle of winc, two ounces of good Cinamon, halfe an ounce of ginger, nine cloves, & sixe pepper cornes, and a nutmeg, & bruise them and put them into the wine with some rosemary flowers, and so let them steepe all night, and then put in sugar a pound at least: & when it is well settled, let it run through a woolen bag made for that purpose: thus if your wine be claret, the Ipocras wil be red: if white then of that color also.

To make the best Ielly, take calves feet and wash them and scald off the haire as cleane as you can get it: then split them and take out the fat and lay them in water, & shifte them: then boile them in faire water vntill it will ielly, which you shall know by now and then cooling a spoonefull of the broth: when it will ielly then straine it, and when it is cold then put in a pint of Sacke and whole Cinamon and Ginger slic't, and Sugar and a little Rose-water, and boyle all well together againe:

Then

Then beate the white of an egge an put it into it, and let it haue one boile more: then put in a branch of Rosemary into the bottome of your ielly bag, and let it runne through once or twice, and if you will haue it coloured, then put in a litt[e] Townesall. Also if you want calues feete you may make as good Ielly if you take the like quantity of Isingglasse, and so vse no calues feete at all.

To make
Leach.

To make the best Leach, take Isingglasse and lay it two houres in water, and shift it and boyle it in faire water and let it coole: Then take Almonds and lay them in cold water till they will blaunch: And then stampe them and put to new milke, and strayne them and put in whole Mace and Ginger slic't, and boile them till it taste well of the spice: then put in your Isingglasse and sugar, and a little Rose-water: and then let them all runne through a strainer.

To make Gia-
nger bread.

Take Claret wine and colour it with Townesall, and put in sugar and set it to the firo: then take wheat bread finely grated and sifted, and Licoras, Aniseedes, Ginger and Cinamon beaten very small and searfed: and put your bread and your spice all together, and put them into the wine and boile it and stirre it till it be thicke: then mould it and print it at your pleasure, & let it stand neither too moist nor too warme.

Marmalad of
quinces red.

To make red Marmelade of Quinces: take a pound of Quinces and cut them in halves, and take out the cores and pare them: then take a pound of Sugar and a quart of faire water and put them all into a pan, and let them boile with a soft fire, and sometimes turne them and keepe them covered with a Pewter dish, so that the stemme or aire may come a little out: the longer they are in boyling the better colour they will haue: and when

when they be soft take a knife and cut them crosse vpon the top , it will make the sirrup goe through that they may be all of a like colour : then set a little of your sirrop to coole , and when it beginneth to be thicke then breake your quinces with a slice or a spoone so small as you can in the pan , and then strow a little fine sugar in your boxes bottome , and so put it vp .

To make white Marmalade you must in all points vse your quinces as is before said ; only you must take but a pint of water to a pound of quinces , and a pound of sugar , and boile them as fast as you can , and coter them not at all .

To make the best Iumbals , take the whites of three egges and beate them well , and take off the froth ; then take a little milke and a pound of fine wheate flower & sugar together finely sitted , and a few Aniseeds well rub'd and dried ; and then worke all together as stiffe as you can . woike it , and so make them in what formes you please , and bake them in a soft ouen vpon white Papers .

To make Bisket-bread , take a pound of fine flower , & a pound of sugar finely beaten and searsed , and mixe them together ; Then take eight egges and put foure yelks and beate them very well together ; then strow in your flower and sugar as you are beating of it , by a little at once . it will take very neare an houres beating ; then take halfe an ounce of Aniseedes and Coriander-seeds and let them be dried and rubbed very cleane , and put them in ; then rub your Bisket-pins with cold sweet butter as thin as you can , and so put it in and bake it in an ouen : But if you would haue thinne Cakes , then take fruit dishes and rub them in like sort with butter , and so bake your Cakes on them , and when

they

they are almost back't, turne them, and thrust them downe close with your hand. Some to this Basket bread will adde a little CREAME, and it is not amisse, but excellent good also.

To make finer
Lumbals.

To make lumbals more fine and curios then the former, and neerer to the taste of the Macaroone: take a pound of sugar beate it fine, then take as much fine wheat flower and mixe them together, then take two whites and one yolke of an egge, halfe a quancer of a pound of blanched Almonds, then beate them very fine altogether wth halfe a dish of sweet butter, and a spoonfull of Rose water, and so worke it with a liue Creame till it come to a very stiffe paste, then roule them forth as you please: And hereto you shall also, if you please, adde a few dried Aniseeds finely rubbed and strewed into the paste, and also Coriander seed.

To make drie
sugar Leache.

To make drie sugar Leache, blaunch your Almonds and beate them with a little rose water and the white of one egge, and you must beate it wth a great deale of sugar, and worke it as you would worke a peece of paste: then roule it and print it as you did other things, onely be sure to strew sugar in the print for feare of cleaving too.

To make leach
Lumbard.

To make Leache Lumbard, take halfe a pound of blanched Almonds, two ounces of Cinnamon beaten and searced, halfe a pound of sugar, then beate your Almonds, and strew in your sugar and cinnamon till it come to a paste, then roule it and print it, as aforesayed.

To make fresh
Cheese.

To make an excellent fresh cheese, take a pottle of Milke as it comes from the Cow, and a pint of creame: then take a spoonfull of runner or earring, and put it vnto it, and let it stand two houres, then stirre it vp, and

and put it into a fine cloth, and let the whay draine from it: then put it into a bowle, and take the yelke of an egge, a spoonefull of Rose-water, and bray them together with a very little salt, with Sugar and Nutmegs; and when all these are brayed together and searst, mixe it with the curd, and then put it into a cheeze-fat with a very fine cloth.

To make course Ginger bread, take a quart of Hony How to make
course Ginger
bread. and set it on the coales and refine it: then take a penny worth of Ginger, as much Pepper, as much Licoras, and a quarter of a pound of Aniseeds, and a peny worth of Saunders: All these must be beaten and searfed, and so put into the hony: then put in a quarter of a pint of Claret wine or old ale, then take thicke peny Manchets finely grated and strow it amongst the rest, and stirre it till it come to a stiffe paste, and then make it into cakes and dry them gently.

To make ordinary Quince cakes, take a good peece How to make
Quince cakes
ordinary. of a preserued Quince, and beate in a morter, and worke it vp into a very stiffe paste with fine searst Sugar, then print it and drie them gently.

To make most Artificiall Cynamon stickes, take an How to make
Cynamon
stickes. ounce of Cynamon and pound it, and halfe a pound of Sugar: then take some gumme Dragon and put it in steepe in Rosewater, then take thereof to the quantity of a halfe nut, and worke it out and print it, and roule it in forme of a Cynamon sticke.

To make Cynamon water take a pottle of the best Ale How to make
Cynamon wa-
ter. and a pottie of sack-les; a pound of Cynamon sliced fine, and pu. them together, and let them stand two daies, then distill them in a limbrecke or glasse Stull.

To make Wormewod water take two gallons How to make
Worme-wood
water. of good Ale, a pound of Aniseedes, halfe a pound of Licoras,

Licoras, and beate them very fine; And then take two good handfuls of the crops of wormewood, and put them into the Ale and let them stand all night, and then distill them in a limbeck with a moderate fire.

To make
Sweete water

To make sweete water of the best kind, take a thousand damaske roses, two good handfuls of Lauendar tops, a three per waight of mace, two ounces of cloues bruised, a quart of running water: put a little water into the bottome of an earthen pot, and then put in your Roses and Lauender with the spices by little and little, and in the putting in alwaies knead them downe with your fist, and so continue it vntill you haue wrought vp all your Roses and Lauender, and in the working betweene put in alwaies alittle of your water; then stop your pot close, and let it stand foure daies, in which time every morning and euening put in your hand, and pull from the bottome of your pot the saide Roses, working it for a time: and then distill it, and hang in the glasse of water a graine or two of Muske wrapt in a pece of Sarcenet or fine cloath.

Another way

Others to make sweete water, take of Ireos two ounces, of Calamus halfe an ounce, of Cipresse rootes halfe an ounce; of yellow Saunders nine drams, of Cloues bruised one ounce, of Beniamin one ounce, of Storax and Calamint one ounce, and of Muske twelue graines, and infusing all these in Rose-water distill it.

To make date
Leache

To make an excellent Date-Leach, take Dates, and take out the stones and the white rinde, and beate them with Sugar, Cinamon and Ginger very finely, then work it as you would worke a pece of paste, and then print them as you please,

To make su-
gar plate.

To make a kind of Sugar plate, take Gumme Dragon; and lay it in Rose-water two daies: then take the powder

der

der of faire Hepps and Sugar, and the iuyce of an O-
renge; beate all these together in a Morter, then take it
out and worke it with your hand: and print it at your
pleasure.

To make excellent spice Cakes, take halfe a pecke of
very fine Wheat-flower, take almost one pound of sweet
butter, and some good milke and creame mixt together,
set it on the fire, and put in your butter, and a good deale
of sugar, and let it melt together: then straine Saffron
into your milke a good quantity: then take seuen or
eight spoonefulls of good Ale-barme, and eight egges
with two yelkes and mixe them together, then put your
milke to it when it is somewhat cold, and into your
flower put salt, Aniseedes bruised, Cloues and Mace,
and a good deale of Cinammon: then worke all together
good and stiffe, that you need not worke in any flower
after: then put in a little rosewater cold, then rub it well
in the thing you knead it in, and worke it throughly: if
it be not sweete enough, scrape in a little more sugar,
and pull it all in peeces, and huse in a good quantity
of Currants, and so worke all together againe, and
bake your Cake as you see cause in a gentle warme
ouen.

To make a very good Banbury Cake, take foure
pounds of Currants, & wash and pick them very cleane,
and drie them in a cloth: then take three egges and put
away one yelke, and beate them, and strayne them with
barme, putting thereto Cloues, Mace, Cinammon and
Nutmegges; then take a pint of Creame, and as much
mornings milke and set it on the fire till the cold be ta-
ken away; then take flower and put in good store of
cold butter and sugar, then put in your egges, barme
and meale and worke them all together an houre or

To make spice
Cakes.

To make a
Banbury Cake:

more; then saue a part of the paste, & the rest breake in pieces and wōke in your Currants; which done, mold your Cake of what quantity you please; and then with that paste which hath not any Currants couer it very thiane both vnderneath and a leſt. And ſo bake it according to the the bignesse.

 To make the
best March-
pane.

To make the best March pane, take the best Iordan Almonds and blauch them in warme water, then put them into a ſtone-morter, and with a wooden peſtell beate them to pappe; then take of the finest refined ſugar well ſeaſt, and with it Damaske Rose-water, beate it to a good ſtiffe paſte, allowing almost to euery Iordan Amlond three ſpoonfull of ſugar; then when it is brought thus to a paſte, lay it vpon a faire table, and ſtrowing ſearſt ſugari vnder it, mould it like leauen, then with a roling pin role it forth, and lay it vpon wafers washit with Rose-water; then pinch it about the ſides, and put it into what forme you please; then ſtrow ſearſt ſugar all ouer it; which done, wash it ouer with Rose-water and ſugar mixt together, for that will make the Ice; then adorne it with Comſets, guilding, or whatſoever deuices you please, and ſo ſet it into a hot ſtoue, and there bake it criſpie, and ſo ſerue it forth. ſome vſe to mixe with the paſte Cinammon and Ginger finely ſearſt, but I referre that to your particular taste.

To make paſte of *Genoa*, you ſhall take Quinces after they haue beeene boyled loſt, and beate them in a mor-ter with refined Sugar, Cinammon and Ginger finely ſearſt, and Damaske rose-water till it come to a ſtiffe paſte; and role it forth and print it, and ſo bake it in a ſtoue; and in this ſort you may make paſte of Peares, Apples, Wardens, Plummes of all kinds, Cheriies, Bar-berries; or what other fruit you please.

To

To make conserue of any fruit you please, you shall take the fruite you intend to make conserue of: and if it be stone-fruit you shall take ou^t the stones: if other fruit take away the paring and chore, and then boyle them in faire running water to a resonable height: then draine them from thence, and put them into a fresh vefsell with Claret wine, or White wine, according to the colour of the fuit: and so boyle them to a thicke pappe all to mashing, breaking and stirring them together: then to euery pound of pappe put to a pound of Sugar, and so stirre them all well together, and being very hot strayne them through faire strayners, and so pot it vp.

To make conserue of Flowers, as Roses, Violets, Gil-
lyflowers, and such like: you shall take the flowers from
the stalkes, and with a paire of sheeres cut away the
white ends at the roots thereof, and then put them in-
to a stone morter or wooden brake, and there crush or
beate them till they be come to a soft substance: and
then to euery pound thereof, take a pound of fine refi-
ned sugar well searst and beate it all together, till it come
to one intire body, and then pot it vp, and vse it as occa-
sion shall serue.

To make the best Wafers, take the finest wheat-flow-
er you can get, and mixe it with creame, the yelkes of
egges, Rose-water, Sugar and Cynamon till it be a little
thicker then Pan cake-batter; and then warming your
wafer-irons on a char-coale-fire, anoint them first with
sweete butter, and then lay on your batter and presse it,
and bake it white or browne at your pleasure.

To make an excellent Marmalade of Oranges, take
the Oranges, and with a knife pare off as thinn as is pos-
sible the yppermost rinde of the Orange: yet in such
sort,

To make any
Conserue.

sort, as by no meanes you alter the color of the Orange; then steepe them in faire water, changing the water twice a day, till you finde no bitternesse of taste therein; then take them forth, and first boile them in faire running water, and when they are soft, remoue them into rosewater, and boile them there in till they breake: then to euery pound of the pulpe put a pound of refined sugar, and so hauing masht and stirred them all well together, straine it through very faire strainers into boxes, and so vse it as you shall see occasion.

Additions
to Banqueting
stuffe.

To make fine
Cakes.

Finebread.

To preserue
Quinces for
kitchin seruice.

Take a pottle of fine flower, and a pound of Sugar, a little Mace; and good store of water to mingle the flower into a stiffe paste, and a good season of salt, and so knead it, and role out the cake thinne and bake them on papers.

Take a quarter of a pound of fine sugar well beaten, and as much flower finely boulted, with a quantity of Aniseedes a little bruised, and mingle all together; then take two egges and beate them very well, whites and all; then put in the mingled stuffe aforesaid; and beate all together a good while, then put it into a mould; wiping the bottome euer first with butter to make it come out easily, and in the baking turne it once or twice as you shall haue occasion, and so serue it whole, or in slices at your pleasure.

Take sweete Apples and stampe them as you doe for Cider, then presse them through a bagge as you doe verjuice; then put it into a ferkin wherin you will keepe your Quinces, and then gather your Quinces, and wipe them cleane, and neither chore them nor pare them, but onely take the blacks from the tops, and so put them into the ferkin of Cider, and therein you may keepe them all the yere very faire, and take them not out

of

of the liquor, but as you are ready to vse them, whether it be for pies, or any other purpose, and then pare them, and chore them as you thinke good.

Take a gallon of Claret or White-wine, and put therein foure ounces of Ginger, an ounce and a halfe of Nutmegs, of Cloues one quarter, of Sugar foure pound; let all this stand together in a pot at least twelue houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leasure from the spices.

To make Ipa.
To preserue quinces.

Take Quinces and wipe them very cleane, and then chore them, and as you chore them, put the chores straight into faire water, and let the chores and the wa-
ter boyle; when the water boyleth, put in the Quinces vnpared, and let them boyle till they be tender, and then take them out and pare them, and euer as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, & straine it through a faire cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your sugar and let it boile a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar vpon them; they must seeth a pace, and euer as you turne them, couer them still with sugar, till you haue bestowed all your sugar; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrup be not stiffe enough, you may seeth it againe af-
ter the Quinces are forth. To euery pound of Quin-
ces you must take more then a pound of sugar: for the more sugar you take, the fairer your Quinces will bee, and the better and longer they will be pre-
serued.

Conserue of
Quinces.

Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beate the whites of five or six eggs, and put them into the water, and stirre it well, and then let the water seeth, and when it riseth vp all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the chores: then take as many pound of your Quinces as of your sugar, and put them into your liquor, and let it boyle till your liquor be as high coloured as French Wine, and when they be very tender, then take a faire new canuase cloth faire washt, and straine your Quinces through it with some of your liquor; (if they will not goe through easilly,) then if you will make it very pleasant, take a little Muske, and lay it in Rose-water, and put it thereto; then take and seeth it, vntill it bee of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leaf-gold thereon.

To keepe
Quinces all
the yeare.

Take all the parings of your Quinces that you make your Conserue withall, and three or fourre other Quinces, and cut them in peeces, and boile the same parings, and the other peeces in two or three gallonds of water, and so let them boyle till all the strength bee sodden out of the sayd Quinces and parings, and if any skumme arise whilst it boyles, take it away: then let the sayd water runne thorough a stryner into a faire vessell, and set it on the fire againe, and take your Quinces that you will keepe, and wipe them cleane, and cut off the vttermost part of the laid Quinces, and picke out the kernels and chores as cleane as you can, and put them into the said liquor, and so let them boile till they be a little soft, and then take them from the fire, and let them stand till they be cold;

then

then take a little barrell; and put into the said barrell, the water that your Quinces be sodden in; then take vp your Quinces with a ladle, and put them into your barrell, and stop your barrell close that no ayre come into them, till you haue fit occasion to vse them; and bee sure to take such Quinces as are neither bruised nor rotten.

Take of the best sugar, and when it is beaten searce it very fine, and of the best Ginger and Cinamon; then take a little Gum-dragon and lay it in rosewater all night, then poure the water from it, and put the same with a little White of an Egge well beaten into a brasse morter, the Sugar, Ginger, Cinamon and all together, and beate them together till you may worke it like past; then take it and driue it forth into Cakes, and print them, and lay them before the fire, or in a very warme Stoue to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the Whites of Eggs and so doe as was before shewed you.

Take Curds, the paring of Lemons, of Oranges or Pouncithrons, or indeede any halfe-ripe greene fruite, and boyle them till they be tender in sweete Worte; then make a sirrop in this sort: take three pound of Sugar, and the whites of fourt Eggs, and a gallon of water, then swinge and beate the water and the Eggs together; and then put in your Sugar, and set it on the fire, and let it haue an easier fire, and so let it boyle sixe or seuen walmes, and then straine it thorow a cloth, and let it seeth againe till it fall from the spoone, and then put it into the rindes or fruits.

Take a quart of Hony clarified, and seeth it till it bee browne, and if it be thicke, put to it a dish of water; then

Fine Ginger
Cakes.

then take fine crummies of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloues, Cinamon, and a little Licoras and Aniseedes: then knead it, and put it into moulds and print it: some vse to put to it also a little pepper, but that is according vnto taste and pleasure.

To candy any
roote, fruite or
flower.

Dissolve Sugar, or sugar-candy in Rose-water, boile it to an heighth, put in your rootes, fruits or flowers, the sirrop being cold, then rest a little, after take them out and boyle the sirrop againe, then put in more roots, &c. then boile the sirrop the third time to an hardnesse, putting in more sugar but not Rose-water, put in the roots, &c. the sirrop being cold and let them stand till they candie.

Ordering of
banquets.

Thus hauing shewed you how to Preserue, Conserue, candy, and make pasts of all kinds, in which foure heads consists the whole art of banqueting dishes; I will now proceed to the ordering or setting foorth of a banquet, where in you shall obserne, that March-panes haue the first place, the middle place, and last place: your preserued fruities shall be disht vp first, your pasts next, your wet suckets after them, then your dried suckets, then your Marmelades and Goodiniakes, then your comfets of all kinds; Next, your peares, apples, wardens back't, raw or roasted, and your Oranges and Lemmons sliced; and lastly your Wafer-cakes. Thus you shall order them in the closet: but when they goe to the table, you shall first send foorth a dish made for shew onely, as Beast, Bird, Fish, Fowle, according to inuention: then your Marchpane, then preserued Fruite, then a Paste, then a wet sucket, then a dry sucket, Marmelade, comfets, apples, peares, wardens, oranges and lemmons sliced; and then wafers, and another dish of preserued fruities,

fruities, and so consequently all the rest before : no two dishes of one kind going or standing together , and this will not onely appeare delicate to the eye, but invite the appetite with the much variety thereof.

Now we haue drawne our *House-wife* into these severall Knowledges of Cookery , in as much as in her is contained all the inward offices of housshold , we will proceede to declare the manner of seruing and setting forth of meate for a great Feast, and from it deriuie mea-ner, making a due proportion of all things : for what auiles it our good *House-wife* to bee neuer so skilfull in the parts of cookery , if she want skill to marshall the dishes , and set euery one in his due place , giuing precedency according to fashion and custome : It is like to a Fencer leading a band of men in rour, who knowes the vse of the weapon, but not how to put men in order. It is then to be vnderstood, that it is the office of the clerke of the Kitchin (whose place our *House-wife* must many times supply) to order the meate at the Dresser, and deliuier it vnto the Sewer , who is to deliuier it to the Gentlemen and Yeomen-waiters to beare to the table. Now because wee allow no Offices but our *House-wife* , to whom we onely speake in this Booke , shee shall first marshall her fallets, deliuering the grand fallet first, which is euermore compoind : then greene Sallets, then boyld fallets, then some smaller compound fallets. Next vnto fallets she shall deliuier foorth all her fricas-ses, the simple first , as collops , rashers, and such like : then compound fricas-ses, after them all her boyld meats in their degree, as simple brothes, stewd-broth, and the boylings of sundry fowles. Next them all sorts of rost-meates, of which the greatest first, as chine of Beefe, or surloyne, the gigget or Legges of Mutton, Goose, Swan,

Ordering of
grea. Feasts,
and proportion
of expence.

Veale,

Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pasty, Chicken, or Calues foote-pie and Douset. Then cold bak't meates, Pheasant, Partridges, Turkie, Goose, Woodcocke, and such like. Then lastly, Carbonados both simple and compound. And being thus marshald from the Dresser, the Sewer vpon the placing them on the table, shall not set them downe as he receiueth them, but setting the Sallets exrauagantly about the table, mixe the Fricases about them; then the boild meates amongst the Fricases, rost meates amongst the boild, bak't meates amongst the rost, and Carbonados amongst the bak't; so that before euery trencher may stand a Sallet, a Fricase, a Boild meate, a Rost meate, a Bak't meat, and a Carbonado, which will both giue a most comely beauty to the table, and very great contentment to the Guesse. So likewise in the second course she shall first preferre the lesser wild-fowle, as Mallard, Tayle, Snipe, Plouer, Wood cocke, and such like: then the lesser land-fowle; as Chicken, Pigeons, Partridge, Raile, Turky, Chickens young Pea-hens, and such like.

Then the greater wild-fowle; as Bitter, Hearne, Shoueler, Crane, Bustard, and such like. Then the greater land fowles; as Peacockes, Pheasant, Puets, Gulles, and such like. Then hot bak't-meates; as Marrybone-pie, Quince-pie, Florentine, and Tarts.

Then cold bak't meates, as Red deere, Hare-pie, Gammon of Bacon-pie, wild Bore, Roe-pie, and such like, and these also shall bee marshald at the Table, as the first course not one kind all together, but each severall sort mixt together, as a lesser wild-fowle and a lesser land-fowle; a great wild-fowle, and a great land-fowle; a hot bak't meate and a cold: and for mad^t dishes

dishes and Quelquecholes ; which relie on the intenti-
on of the Cooke, they are to bee thrust in into euery
place that is emptie, and so sprinkled ouer all the table :
and this is the best method for the extraordinary great
feasts of Princes. But in case it be for much more hum-
ble meanes, then lessē care and fewer dishes may dis-
charge it : yet before I proceede to that lower rate, you
shall vnderstand , that in these great Feasts of Princes,
though I haue mentioned nothing but flesh , yet is not
fish to be exempted ; for it is a beauty and an honour
vnto euery Feast, and is to be placed amongst all the se-
uerall seruices, as thus ; as amongst your Salettes all sorts
of soused-fish that liues in the fresh water; amongst your
Fricases all manner of fride-fish ; amongst your boyld-
meates, all fish in broaths ; amongst your rost-meates,
all fish ferued hot, but drie ; amongst the bak't meates,
and sea-fish that is soust, as Sturgion and the like ; and a-
mongst your Carbonados, fish that is broild. As for
your second course, to it belongeth all manner of
shell-fish, either in the shell, or without ; the hot to goe
vp with the hot meate , and the cold with the cold.

And ihus shall the Feast bee royall, and the seruice
worthy.

Now for a more humble Feast, or an ordinary pro-
portion which any good man may keepe in his family
for the entertainment of his true and worthy friends,
it must hold limitation with his prouision, and the sea-
son of the yeere : for Summer affords what Winter
wantes, & Winter is master of that which Summer can
but with difficulty haue : it is good then for him that
intends to feast, to set downe the full number of his full
dishes, that is, dishes of meate that are of substance, and
not emptie or for shew ; and of these sixtene is a
good

good proportion for one course vnto one messe, as thus for example, First, a shield of Brawne with mustard: Secondly, a boyld capon; Thirdly, a boyld peece of Beefe: Fourthly, a chine of beefe rosted: Fifthly, a neates tongue rosted: Sixthly, a Pigge rosted: Seuenthly, chewets back't; Eightly, a goose rosted: Ninethly, a swan rosted: Tenthly, a turkey rosted; the eleuenth, a haunch of venison rosted; the twelfth, a pasty of venison; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an oliue pyc; the fifteenth, a couple of capons; the sixteenth, a custard or dousets. Now to these full dishes may be added in sallets, fricafes, quelquechofes, and deuised paste, as many dishes more, which make the full seruice no lesse then two and thirty dishes, which is as much as can conueniently stand on one table, and in one messe: and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the spendor, contentment to the guest, and much pleasure and delight to the beholders. And thus much touching the ordering of great feasts and ordinary contentments.

CHAP. 3.
of Distillations, and their veriuers, and of
perfuming.

When our English House-wife is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge; she shall then sort her mind to the vnderstanding of other House-wifely secrets, right profitable and meete for her vse, such

such as the want thereof may trouble her when need, or time requires.

Therefore first I woul'd haue her furnish her selfe of very good Stils, for the distillation of all kinds of Waters, which stils would either be of Tinne, or sweete Earth, and in them she shall distill all sorts of waters meete for the health of her Houshold, as sage water, which is good for all Rhumes and Collickes; Radish water, which is good for the stone; Angelica water good for infection; Celadine water for sore eyes; Vine water for itchings; Rose water, and Eye-bright water for dim sights; Rosemary water for Fistuloes; Treacle water for mouth cankers, water of cloues for paine in the stomacke; Saxifrage water for grauell and hard vrine, Allum water for old Ulcers, and a world of others, any of which will last a full yeare at the least: Then she shall know that the best waters for the smoothing of the skinne, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine leaves, from Goates milke, from Asses milke, from the whitcs of Egges, from the flowers of Lillies, from Dragons, from calvies feete, from bran, or from yelkes of Egges, any of which will last a yeaire or better.

First distill your water in a stillatory, then put it in a glasse of great strength, and fill it with those flowers againe (whose colour you desire) as full as you can, and stop it, and set it in the stillatory againe, and let it distill, and you shall haue the colour you distill.

Take of Rosemary flowers two handfuls, of Mariorome, Wintre-sauory, Rosemary, Rew, ynset time, Germander, Rybworte, Harts tongue, Mouleare, White wormewood, Buglosse, red sage, Liuer wort, Hoarehound,

C 1^r
The nature of
waters.

Additions,
to distillations.
To distill water
of the colour of
the hearte
or flower you
desire.

To make Aqua
vitæ.

hound, fine Lauender, Issop-croppes, Penny royll, Red fennell, of each of these one handfull: of Elycompane rootes, cleane pared and sliced, two handfuls: Then take all these aforesayd and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sacke-lees, and put all these aforesayd herbes shred into it; and then put into it one pound of Licoras bruised, halfe a pound of Anyseeds cleane sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling-pot close couered with Rye paste, and make a soft fire vnder your pot, and as the head of the Limbecke heateth, draw out your hot water and put in cold, keeping the head of your Limbecke still with cold water, but see your fire be not too rash at the first, but let your water come at leasure; and take heed vnto your stilling that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a galloni glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa-solis, halfe a pound of Dates bruised, and one ounce of graines, halfe a pound of Sugar, halfe an ounce of seed-peare beaten, three leues of fine gold, stirre all these together well, then stop your glasse and set it in the sunne the space of one or two moneths, and then clarifie it and vse it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

*Another exellent
In Aquavite.* Fill a pot with red wine cleane and strong, and put therein the powders of Camomile, Gilli-flowers, Ginger, Pellitory, Nutmeg, Gallengall, Spicknard, Quenbris, graizes of pure long pepper, blacke Pepper, Com-

Commin, Fennell seede, Smalledge, Parsley, Sage, Rew, Mint, Calamint and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme vnder or aboue: then put all the pouders abouesayd into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that it be well luted about with Rye paste, so that no fume or breath goe foorth, and looke, that the fire be temperate: also receiue the water out of the Lymbecke into a glasse vyall. This water is called the wa-
ter of Life, and it may be likened to Balme, for it hath all the vertues and properties which Balme hath: this water is cleere and lighter then Rose water, for it will fleet aboue all liquors, for if oyle be put aboue this wa-
ter, it sinketh to the bottome. This water keepeth
flesh and fish both raw and sodden in his owne kind and
state; it is good against aches in the bones, the poxe, and
such like, neither can any thing kept in this water rot or
putrifie, it doth draw out the sweetenesse, sauour, and
vertues of all manner of splices, rootes and hearbes that
are wet or layd therein, it giues sweetenesse to all manner
of water that is mixt with it, it is good for all manner of
cold sicknesses, and namely for the palsie or trembling
ioyns, and stretching of the sinewes; it is good against
the cold goute, and it maketh an old man seeme young,
ysing to drinke it fasting, and lastly it fretteth away dead
flesh in wounds, and killeth the canker.

Take Rosemary, Time, Issop, Sage, Fennell, Nip, rootes of Eliocompane, of each an handfull, of Marierum and Peny. royall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale that can bee
brewed, wash all these hearbes cleane, and put into

To make aqua
composita.

the

the Ale, Licoras, Aniseeds, and herbes into a cleane
brasse pot, and set your limbecke thereon, and paste it
round about that no ayre come out, then distill the wa-
ter with a gentle fire, and keepe the limbecke coole a-
bove, not suffering it to runne too fast; and take heede
when your water changeth colour, to put another glasse
vnder, and keepe the first water, for it is most precious,
and the latter water keepe by it selfe, and put it into your
next pot, and that shall make it much better.

A very princ-
pall aqua com-
posta.

Take of balme, of Rosemary Flowers tops and all,
of dried red Rose leaues, of penny-royall, of each of
these a handfull, one roote of Elycompane the whitest
that can be got, three quarters of a pound of Licoras,
two ounces of Cinamon, two drams of great Mace, two
drams of Gallengall, three drams of Coliander seeds
three drammes of Carraway-seeds, two or three Nut-
megges cut in foure quarters, an ounce of Aniseeds, a
handfull of Borage; you must chuse a faire Sunny day,
to gather the hearbs in; you must not wash them, but
cut them in funder, and not too small; then lay all your
hearbs in souse all night and a day, with the splices gros-
ly beaten or bruised, and then distill it in order afores-
aid, this was made for a learned Phisitians owne drink-
ing.

To make the
imperiall wa-
ter.

Take a gallond of Gascoine-wine, Ginger, Gallend-
gall, Nutmegs, Grains, Cloues, Aniseeds, Fennell seeds,
Carraway seeds, of each one dramme, then take Sage,
Mints, Red roses, Tyme, Pellitory, Rosemary, Wild-
time Camomile, and Lauender, of each a handfull, then
bray the splices small, and the hearbs also, and put all to-
gether into the wine; and let it stand so twelue houres,
stirring it diuers times, then distill it with a limbecke,
and keepe the first water, for it is best: of a gallond of
wine

wine you must not take aboue a quart of water ; this wa-
ter comforteth the vitall spirits , and helpeth inward
diseases that commeth of cold, as the palsey, the con-
traction of sinewes, also it killeth wormes , and com-
forts the stomacke ; it cureth the cold dropsie , helps
the stone, the stinking breath, & maketh one see me yong.

Take a pottell of the best Sack, and halfe a pint of Rose water, a quarter and halfe of a pound of good Cynamon well bruised, but not small beaten ; distill all these toge-
ther in a glasse-still, but you must carefully looke to it,
that it boyle not ouer hastily , and attend it with cold
wet cloathes to coole the top of the still if the water
should offer to boyle too hastily. This water is ve-
ry soueraigne for the stomacke , the head , and all the
inward parts ; it helps digestion, and comforteth the vi-
tall spirits.

1 Take Fennell, Rew, Veruine, Endive, Betony, Ger-
mander, Red rose, Capillus Veneris, of each an ounce
stampe them and keepe them in white wine a day and a
night ; and distill water of them, which water will di-
uide in three parts , the first water you shall put in a
glasse by it selfe , for it is more pretious then gold, the
second as siluer, and the third as Balme, and keepe these
three parts in glasses : this water you shall give the rich
for gold, to meaner for siluer, to poore men for Balme :
this water keepeth the sight in clearenesse, and purgeth
all grosse humors.

2 Take *Salgemma*-a pound , and lappe it in a greene
docke leafe , and lay it in the fire till it be well rosted,
and waxe white , and put it in a glasse against the ayre
a night , and on the morrow it shall bee turned to a
white water like vnto Christall : keepe this water well
in a glasse, and put a drop into thg eie, and it shall clese

sixte most pre-
cious wateris,
which a spocra-
tes made, and
lent to a
Queene some-
times liuing in
England.

and sharpe the sight: it is good for any euill at the heart, for the morphew, and the canker in the mouth, and for divers other euills in the body.

3 Take the roots of Fennell, Parsley, Endive, Betony, of each an ounce, and first wash them well in luke-warme water, and bray them well with white wine a day and a night, and then distill hem into water: this water is more worthy then Balme; it preserueth the sight much, and clenseth it of all filth, it restrayneth teares, and comforteth the head, and auoideth the wa-ter that commeth through the Payne in the head.

4 Take the seed of Parsley, Achannes, Veruine, Carrawaies, and Centuary, of each ten drams; beate all these together, and put it in warme water a day and a night, and put it in a vessell to distill: this water is a pre-
vious water for all sore eies, and very good for the health of man or womans body.

5 Take limmell of gold, siluer, lattein, copper, iron, steele, and lead; and take lethurgy of gold and siluer; take Calamint and Columbine, and steepe all together; the first day in the vrine of a man-child, that is between a day & a night, the second day in white wine, the third day in the iuice of fenell, the fourth day in the whites of egges, the fift day in the womans milke that nourisheth a man-child, the sixt day in red wine, the seventh day in the whites of egges, and vpon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of gold or siluer: the vertues of this water are these; first it expelleth all rhumes, and doth away all manner of sicknesse from the eyes, and weares away the pearly; pin and webbe; it draweth againe into his owne kinde the eye-lidds that haue beeene bleared, it easeth the ache of the head, and if a man

drinke

drinke it , maketh him looke young cuen in old age, besides a world of other most excellent vertues.

6 Take the Gold-smiths stone, and put it into the fire, till it be red-hot, and quench it in a pint of white wine, and doe so nine times , and after grind it, and beate it small, and cleanse it as cleane as you may, and after set it in the Sunne with the water of Fennell distilled , and Veruine, Roses, Celladine and Rew, and a little Aquauite , and when you haue sprinkled it in the water nine times, put it then in a vessell of glasse, and yet vpon a reverstion of the water distill it, till it passe ouer the touch foure or fve inches ; and when you will vse it then stirre it all together, and then take vp a drop with a feather, and put it on your naile, & if it abide, it is fine and good : then put it in the eye that runneth, or annoiint the head with it if it ake, and the temples, and beleue it, that of all waters this is the most pretious , and helpeth the sight, or any paine in the head.

The water of Cheruyle is good for a sore mouth.

The water of Callamint is good for the stomacke.

The water of Planten is good for the fluxe , and the hot dropsie.

Water of Fennell is good to make a fat body small, and also for the eyes.

Water of Violets is good for a man that is sore within his body and for the raynes and for the liuer.

Water of Endiue is good for the dropsy , and for the iaundise, and the stomacke.

Water of Borage is good for the stomacke , and for the Iliaca passio, and many other sicknesses in the body.

Water of both Sages is good for the palsey.

Water of Bettony, is good for old age and all inward sicknesses.

The vertues
of severall
waters.

Water of Radish drunke twice a day , at each time an ounce , or an ounce and a halfe , doth multiply and prouoke lust , and also prouoketh the tearmes in women.

Rosemary water (the face washed therein both morning and night) causeth a faire and cleere countenance : also the head washed therewith , and let dry of it selfe , preserueth the falling of the haire , and causeth more to grow ; also two onounces of the same drunke , driueth venome out of the body in the same sort as Methridate doth ; the same twice or thrice drunke at each time halfe an ounce , rectifieth the mother , and it causeth women to bee fruitfull : when one maketh a Bath of this decoction , it is called the Bath of life ; the same drunke comforteth the heart , the brayne , and the whole body , and cleanseth away the spots of the face ; it maketh a man looke young , and causeth women to conceiue quickly , and hath all the vertues of Balme .

Water of Rew drunke in a morning foure or fiue daies together , at each time an ounce , purifieth the flowers in women : the same water drunke in the morning fasting , is good against the gryping of the bowels , and drunke at morning and at night , at each time an ounce , it prouoketh the tearmes in women .

The water of Sorrell drunke is good for all burning and pestilent feueris , and all other hot sicknesses : being mixt with beere , ale or wine , it slacketh the thirst : it is also good for the yellow laundise , being taken sixe or eight dayes together ; it also expelleth from the liver if it be drunke , and a cloth wet in the same and a little wrong out , and so applied to the right side ouer against the liner , and when it is dry then wet another , and apply .

apply it ; and thus doe three or foure times together.

Lastly the water of Angelica is good for the head, for inward infection , either of the plague or pestilence, it is very soueraigne for sore breasts ; also the same wa- ter being drunke of twelue or thirteene daies together, is good to vnlaide the stomack of grosse humours and superfluities , and it strengthneth and comforteth all the vniuersall parts of the body : and lastly, it is a most soue- raigne medicine for the gout , by bathing the diseased members much therein.

Now to conclude and knit vp this chapter, it is meete that our houf-wife know that from the eight of the Kalends of the moneth of Aprill vnto the eight of the Kalends of Iuly , all manner of hearbes and leaues are in that time most in strength and of the greatest vertue to be vsed and put in all manner of medicines , also from the eight of the Kalends of Iuly , vnto the eight of the Kalends of October the stalks , stems and hard bran- ches of euery heatbe and plant is most in strength to be vsed in medicines ; and from the eight of the Kalends of October , vnto the eight of the Kalends of A- prill , all manner of roots of hearbs and plants are the most of strength and vertue to be vsed in all manner of medicines.

To make an excellent sweet water for perfume, you shall take of Basill, Mints, Marierum, Corne-flagge-
rootes, Islop, Sauory, Sage, Balme, Lauender & Rosema-
ry, of each one handfull, of Cloues, Cynamon and Nut-
megs of each haife an ounce, then three or foure Pome-
citrons cut into slices, insule all these into Damaske-
rose water the space of three dayes, and then distill it
with a gentle fire of Char-coale, then when you haue
put it into a very cleane glasse, take of fat Muske, Ciuer,

An excellent
water for per-
fume.

and Ambergreece of each the quantity of a scruple, and put into a ragge of fine Lawne, and then hang it within the water : This being either burnt vpon a hot pan, or else boyled in perfuming pans with Cloues, Bay-leaves and Lemmon-pils, will make the most delicatest perfume that may be without any offence, and will last the longest of all other sweet perfumes, as hath been found by experience.

To perfum
e
Gloves.

To perfume gloves excellently, take the oyle of sweet Almonds, oyle of Nutmegs, oyle of Beniamin, of each a dramme, of Ambergreece one graine, fat Muske two graines: mixe them all together and grind them vpon a painters stone, and then annoint the gloves therewith: yet before you annoint them let them be dampishly moistned with Damaske Rose-water.

To perfume a
Ierkin.

To perfume a Ierkin well, take the oyle of Beniamin a penny-worth, oyle of Spike, and oyle of Oliues halfe penny-worths of each, and take two sponges and warme one of them against the fire and rub your Ierkin therewith, and when the oyle is dried, take the other sponge and dip it in the oyle and rub your Ierkin therewith till it be dry, then lay on the perfume before prescribed for gloves.


To mak
e wash
ing Ball.

To make very good washing bals, take Storax of both kindes, Beniamin, Calamus Aromaticus, Labdanum of each a like; and bray them to pouder with Cloues and Atcas, then beate them all with a sufficient quantity of Sope till it bee stiffe, then with your hand you shall worke it like paste, and make round balls thereof.

To make a
muske ball.

To make Muske balls, take Nutmegs, Mace, Cloues, Saffion and Cynamon, of each the waight of two-pence, & beate it to fine pouder, of Masticke the waight of

Of two-pence halfe penny, of Storax the waight of six-pence; of Labdanum the waight of tenne-pence; of Ambergreece the waight of six-pence; and of Muske foure graines, dissolute and worke all these in hard sweete sope till it come to a stiffe paste, and then make balls thereof.

To make a good perfume to burne, take Beniamin one ounce, Storaxe, Calamint two ounces, of Mastick, A perfume to white Ambergreece, of each one ounce, Ireos, Calamus Aromaticus, Cypresse wood, of each halfe an onnce, of Camphire one scruple, Labdanum one ounce: beate all these to ponder, then take of Sallow Charcole sixe ounces, of liquid Storax two ounces, beate them all with Aquauita, and then shall you role them into long round rolles.

To make Pomanders, take to penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of Calamus Aromaticus, as much Balme, halfe a quarter a pound of fine waxe, of Cloues and Mae two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight peny-worth, and of Muske foure grains; beate all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and dry it.

To make excellent strong Vinegar, you shall brew the strongest Ale that may be, and hauing tunned it in a very strong vessell, you shall set it either in your garden or some other safe place abroad, where it may haue the whole Summers day Sun to shine vpon it, and there let it lie till it be extreme sowre, then into a Hogshead of this Vinegar put the leaues of fourte or fiftie hundred Damaske Roses, and after they haue layen for the space of a moneth therein, houle the Vinegar.

negar and draw it as you neede it.

To make dry
vinegar.

To make drie Vinegar which you may carry in your pocket , you shall take the blades of greene corne either Wheat or Rie, and beate it in a morter with the strongest Vinegar you can get till it come to a paste ; then role it into little balls , and dry it in the Sunne till it be very hard , then when you haue any occasion to vse it, cut a little peece thereof and dissolute it in wine, and it will make a strong Vinegar.

To make ver-
iuyce.

To make Veriuyce, you shall gather your Crabbs as soone as the keruels turne blacke, and hauing layd them a while in a heape to sweate together , take them and picke them from stalkes , blackes and rottennesse ; then in long troughs with beetles for the purpose, crush and breake them all to mash ; then make a bagge of course haire cloth as square as the presse , and fill it with the crushit Crabs ; then put it into the presse , and presse it while any moysture will drop forth , hauing a cleane vessell vnderneath to receiue the liquor : this done, thin it vp into sweet Hogsheads , and to euery Hogshead put halfe a dozen handfuls of Damaske Rose leaues, and then bung it vp , and spend it as you shall haue occasion.

Many other pretty secrets there are belonging vnto curious *Hous-wives*, but none more necessary then these already rehearsed, except such as shall hereafter follow in their proper places.

Additions
to concerte
secretes.
To make sweet
powder for
baggs.

Take of Arras sixe ounces, of Damaske Rose-leaues as much , of Marierom and sweete Bafill , of each an ounce , of Cloues two ounces , yellow Saunders two ounces , of Citron pills seuen drammes , of Lignum-aloes one ounce , of Beniamin one ounce , of Sioraxe one ounce, of Muske one dram ; bruise all these, and put them

them into a bagge of silke or linnen, but silke is the best.

Take of Arras foure ounces, of Gallaminis one ounce,
of Ciris halfe an ounce, of Rose leaues dried two hand-
fulls, of dryed Marierum one handfull, of Spike one
handfull, Cloues one ounce, of Beniamin and Storax of
each two ounces, of white Saunders and yellow of each
one ounce: beate all these into a grosse pouder, then put
to it Muske a dramme, of Ciuet halfe a dramme, and of
Ambergreece halfe a dramme; then put them into a
Taffata bagge and vse it.

To make sweete
baggs.

How to make
sweet water.

Take of bay-leaues one handfull, of Red Roses two
handfulls, of Damaske Roses three handfulls, of La-
uender foure handfulls, of basill one handfull, Mario-
rum two handfulls, of Camomile one handfull, the
young tops of sweete briar two handfulls, of Mand-
lion-tansey two handfulls, of Orange pils sixe or seuen
ounces, of Cloues and Mace a groats-worth: put all these
together in a pottle of new Ale in cornes for the space
of three daies, shaking it euery day three or foure times,
then distill it the fourth day in a still with a continuall
soft fire, and after it is distilled, put into it a graue or
two of muske.

A very rare and
pleasant Da-
mask waer.

Take a quart of malmsey Lees, or a quart of malm-
sey simply, one handfull of margerome, of Basill as
much, of Lauender foure handfulls, bay-leaues one good
handfull, Damaske rose Leaues foure handfulls, and as
many of red, the pils of sixe Orenge, or for want of
them one handful of the tender Leaues of walnut-trees,
of Beniamine halte an ounce, of Callamus Aramaticus
as much, of Camhire foure drammes, of Cloves one
ounce, of Baldamum halfe an ounce; then take a
pottle of running water, and put in all these spices
bruised into your water and malmsey together in a
close

close stopped pot, with a good handfull of Rosemary, and let them stand for the space of sixe dayes: then distill it with a soft fire: then set it in the Sunne sixteene dayes with foure graines of Muske bruised. This quantity will make three quaris of water, *Probatum est.*

To make the
best vinegar.

Take and brew very strong Ale, then take halfe a dozen gallons of the first running, and set it abroade to coole, and when it is cold, put yeſt vnto it, and head it very ſtrongly: then put it vp in a ferkin, and diſtill it in the Sunne: then take foure or fiue handfull of Beanes, and parch them in a pan till they burſt: then put them in as hot as you can into the Ferkin, and ſtop it with a little clay about the bung-hole: then take a handfull of cleane Rye Leauen and put in the Ferkin; then take a quantity of Barberies, and bruife and ſtraine them into the Ferkin, and a good handfull of Salt, and let them lie and worke in the Sunne from May till August: then hauiing the full ſtrength, take Roſe leaues and clip the white ends off, and let them dry in the Sunne; then take Elder-flowers and picke them, and dry them in the Sunne, and when they are dry, put them in bagges, and keepe them all the Winter: then take a pottle-pot, and draw forth a pottle out of the Ferkin into the bottle, and put a handfull of the red Roſe-leaues, and another of the Elder-flowers, and put into the bottle, and hang it in the Sunne, where you may occupie the lame, and when it is empty, take out all the leaues, and fill it againe as you did before.

To perfume
Gloves.

Take *Angelica* water and Roſe-water, and put into them the powder of Cloues, Amoe.-grecce, Muske and Lignum Aloes, Beniamine and Callamus Aramatetus. boyle these till halfe be consumed: then ſtraine it, and put your Gloves therein; then hang them in the

Sunne

sunne to dry, and turne them often: and thus three times wet them , and dry them againe : Or otherwise, take Rose water and wet your Gloues therein , then hang them vp till they be almost dry; then take halfe an ounce of Beniamine , and grind it with the oyle of Almonds, and rub it on the Gloues till it be almost dried in : then take twenty graines of Amber-greece , and twenty graines of Muske, and grind them together with oyle of Almonds , and so rub it on the Gloues , and then hang them vp to dry, or let them dry in your bosome, and so after vse them at your pleasure.

CHAP. 4.

The ordering, preseruing and helping of all sorts of Wines,
and first of the choyce of sweete Wines.

I Doe not asslume to my selfe this knowledge of the Vintners secrets , but ingeniously confesse that one profest skillfull in the Trade, hauing rudely written, and more rudely disclosed this secret , & preferring it to the Stationer it came to me to be polished, which I haue done, knowing that it is necessary ,&c.

It is necessary that our *English House-wife* be skilfull in the election , preseruation and curing of all sorts of Wines, because they be vsuall charges vnder her hands, and by the least neglect must turne the Husband to much losse: therefore to speake first of the election of sweete Wines, she must be carefull that her Malmseys be full Wines , pleasant, well hewed and fine: that Bastard be fat, and if it be tawny it shal be not, for the tawny Bastards be alwayes the sweetest. Muskadine must bee great, pleasant and strong, with a sweet sent , and with Amber colour. Sacke if it be Seres (as it should bee)
you

you shall know it by the marke of a corke buried on one side of the bung, and they be euer full gadge, and so are no other fackes, and the longer they lye, the better they be.

To make Mus
kadiue, and
guae is a flauer.

Take a pleasant Butt of Malmsey, and draw it out a quarter and more; then fill it vp with fat Basterd with-gue is a flauer. in eight gallons, or thereabouts, and parill it with sixe egges, yelkes and all, one handfull of Bay-salt, and a pint of conduit water to euery parill, and if the wine be hye of colour, put in three gallons of new milke, but skimm off the Creame first, and beate it well, or otherwise, if you haue a good butt of Malmsey, and a good pipe of bastard, you must take some empty butt or pipe; and draw thirty gallons of Malmsey, and as many of bastard; and beate them well together: and when you haue so done, take a quarter of a pound of Ginger and bruise it, and put it into your vessel; then fill it vp with malmsey and bastard: Or otherwise thus, if you haue a pleasant butt of malinsey, which is called Ralt. now, you may draw out of it forty gallons, and if your bastard be very faint, then thirty gallons of it will serue to make it pleasant: then take fourre gallons of new milke and beate it, and put it into it whent it lacketh twelue gallons of full, and then make your flauer.

How to flauer
Muske-dine.

Take one ounce of Collianders, of Bay-salt, of Cloues, of each as much, one handfull of Sauory: let all these bee blended and bruised together, and sow them close in a bagge, and take halfe a pint of Damaske-water, and lay your flauer into it, and then put it into your butt, and if it fine, giue it a parill and fill it vp, and let it lie till it fine: or else thus, Take Coliander roots a peniworth, one pound of Aniseedes, one peniworth in Ginger;

Ginger: bruise them together and put them into a bagge as before, and make your bagge long and small that it goe in and out at the bung hole, and when you do put it in, fasten it with a thred at the bung: then take a pint of the strongest Damaske water, and warme it luke-warme, then put into the But, and then stop it close for two or three dayes at least, and then if you please you may set it abroach.

Take seuen whites of new layd egges, two handfulls of Bay-salt, and beate them well together; and put therein a pint of Sacke or more, and beate them till they be as short as snow; then ouer-draw the But seauen or eight gallons, and beate the wine, and stirre the Lees, and then put in the parill and beate it, and so fill it vp, and stop it close, and draw it on the morrow.

Draw out of a pipe of Bastard ten gallans, and put to it five gal'ans of new milke, and skim it as before, and all to beate it with a parill of eight whites of egges, and a handfull of Bay-salt, and a pint of conduit water, and it will be white and fine in the morning. But if you will make very fine Bastard, take a White-wine Hogs-head, and put out the Lees, and wash it cleane, and fill it halfe full and halfe a quarter, and put to it foure gallans of new milke, and beate it well with the Whites of sixe Egges, and fill it vp with White-wine and Sacke, and it will be white and fine.

Take two gallons of the best stoned honey, and two gallans of White-wine; and boyle them in a faire pan, skimme it cleare, and straine it through a faire cloth that there be no moats in it: then put to it one ounce of Collianders, and one ounce of Aniseeds, foure or five Orange pils dry and beaten to powder, let them lye three dayes: then draw your Bastard into a cleane pipe, then

To apparell
Muskadine
when it comes
new into be si-
ned in twenty
foure houres.

How to helpe
Bastard being
eager.

then put in your honey with the rest, and beate it well: then let it lye a weeke and touch it not, after draw it at pleasure.

To make Ba.
stard white, and
to rid away
Lagges.

If your Bastard be fat and good, draw out forty gallons, then may you fill it vp with the lagges of any kind of White-wines or sackes; then take fiftie gallons of new milke, and first take away the Creame, then straine it through a cleane cloth, and when your pipe is three quarters full, put in your milke: then beate it very well, and fill it so, that it may lacke fiftene gallons, then apparel it thus: take the Whites onely of ten egges, and beate them in a faire tray with Bay-salt and conduite water: then put it into the pipe and beate it well, and so fill it vp, and let it stand open all night: and if you will keepe it any while, you must on the morrow stop it close, and to make the same drinke like Ossey, giue it this flauer: Take a pound of Aniseeds, two pence in Colianders, two pence in Ginger, two pence in Cloues, two pence in graines, two pence in long Pepper, and two pence in Licoras: bruise all these together: then make two bagges of Linnen cloth, long and small, and put your splices into them, and put them into the pipe at the bung, making them fast there with a thred that it may sinke into the Winc, then stop it close, and in two dayes you may broch it.

A remedy for
Bastard if it
passe,

Take and draw him from his Lees if he haue any, and put the Wine into a Malmsey Butt to the Lees of Malmsey: then put to the Bastard that is in the Malmsey Butt, nigh three gallons of the best Worte of a fresh tap, and then fill him vp with bastard or malmsey, or cute if you will: then apparell it thus; First, parell him, and beate him with a staffe, and then take the whites of fourre new layd egges, and beate them with a handful of

of Salt till it be short as mosse , and then put a pint of running water therein, and so fill the pipe vp full, and lay a tile stone on the bung, and set it abroach within fours and twenty houres if you will.

If you haue a good Butt of Malmsey , and a butt or To make two of Sacke that will not be drunke : for the sacke prepare some empty Butt or Pipe , and draw it more then halfe full of sacke , then fill it vp with Malmsey , and when your butt is full within a little , put into it three gallons of Spanish cute, the best that you can get , then beate it well , then take your taster and see that it bee deepe coloured : then fill it vp with sacke , and giue it a parell, and beate it well , the parell is thus : Take the yelkes of tenne egges , and beate them in a cleane bason with a handfull of Bay-salt , and a quart of conduit wa- ter, and beate them together with a little peece of birch, and beate it till it be as short as mosse, then draw fие or sixe gallons out of your butt, then beate it againe, and then fill it vp , and the next day it will be ready to be drawne. This parell will serue bothe for Muskadine, Bastard, and for Sacke.

If you haue two principall butts of malmsey , you may make three good butts with your lagges of Claret and of Sacke, if you put two gallons of Red Wine in a butt ; it will haue the more Cute : then put two or three gallons of Cute as you see cause ; and if it be Spanish Cute , two gallons will goe further then fие gallons of Candy Cute, but the Candy Cute is more natu- rall for the malmsey : also one butt of good malmsey , & a butt of sacke that hath lost his colour , will make two good buts of malmsey with the more Cute ; and when you haue fild your butts within twelue gallons , then put in your Cute, and beate it halfe an houre and more : then

then put in your parell and let it lyce.

If Sacke want
his colour.

First, parell him as you did the Bastard , and order him as shall be shewed you for the White-wine of Gascoyne with milke, and so set him abroach.

For Sacke that
is tawny.

If your Sacke haue a strong ley or taste, take a good sweete But faire washed , and draw your sacke into it, and make vnto it a parell as you doe to the Bastard, and beate it very well , and so stop vp your But : and if it be tawny , take three gallons of newe milke and straine it cleane, and put it into your sacke, then beate it very well, and stop it close,

For Sacke that
acth rape and
is brownne.

Take a faire empty But with the Lees in it, and draw your sacke into the same from his Lees fine : then take a pound of Rice flower as fine as you can get, and foure graines of Camphire , and put it into the sacke : and if it will not fine, gwe it a good parell , and beate it well : then stop it and let it lie.

To color sack,
or any White
wine.

If any of your sackes or White-wines haue lost their colour, take three gallans of new milke , and take away the Creame: then ouer-draw your wine fine or sixe gallons , then put in your milke and beate it ; then lay it a foretarke all night, and in the morning lay it vp, and the next day if you will you may set it abroach.

If Alligant be
growne hard.

Draw him out into fresh Lees , and take three or foure gallons of stone-hony clarified, and beeing coole, put it in and parell it with the yelkes of foure Egges, whites and all, and beate it well, and fill it vp, and stop it close , and it will be pleasant and quicke as long as it is in drawing.

For Alligant
that is fower.

Take threc gallons of white Honey, and two gallons of Red wine, boyle them together in a faire pan , and skimmme it cleane, and let it stand till it be fine and cold, then put it into your Pipe : yet nothing but the finest, then

then beate it well , and fill it vp, and stop it close, and if your Alligant be pleasant and great , it will doe much good, for the one Pipe will rid away diuers.

There are two sorts of Renish wines , that is to say, *Eſtertune* and *Barabant* : the *Eſtertune* are best , you shal know it by the Fat, for it is double bard and double pinned ; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other. If the Wines be good and pleasant, a man may rid away a Hogshead or two of White wine, and this is the most vantage a man can haue by them : and if it be slender and hard , then take three or foure gallons of stone-honey and clarifie it cleane; then put into the honey foure or fiue gallons of the same wine , and then let it seeth a great while, & put into it two pence in Cloues bruised , let them seeth together , for it will take away the sent of honey , and when it is sodden take it off, and set it by till it be thorow cold ; then take foure gallons of milke and order it as before, and then put all into your wine and all to beate it ; and (if you can) role it , for that is the best way ; then stop it close and let it lie, and that will make it pleasant.

The Wines that be made in *Burdeaux* are called *Gascogne Wines*, and you shall know them by their hazell ^{Of what countries Wines are by their names.} hoopes, and the most befull gadge and sound Wines.

The Wines of the hie countryes, and which is called Hie-country wine , are made some thirty or forty miles beyond *Burdeaux*, and they come not down so soone as the other ; for if they doe , they are all forfeited, and you shall know them euer by thair hazell hoopes, and the length gagelackes.

Then haue you Wires that be called *Galloway* both in Pipes and Hogsheads, and be long , and lackes

two Cisternes in gadge and at alte, and the Wines themselves are high colouted. Then there are other Wines which is called white Wine of *Angulle*, very good Wine, and lackes little of gadge, and that is also in Pipes for the most part, and is quarter bound. Then there are *Rochell* Wines, which are also in Pipes long and slender: they are very small hedge-wines, sharpe in taste, and of a pallad complexions. Your best Sacke are of *Seres* in *Spaine*, your smaller of *Galicia* and *Portugall*: your strong Sackes are of the Islands of the *Cannaries*, and of *Malligo*; and your Muskadine and Malmseys are of many parts of *Italy*, *Greece*, and some speciall Islands.

Euery Terse is in depth the middle of the knot in the midst.

The depth of euery Hogshead is the fourth pricke above the knot.

The depth of euery Puncheon is the fourth pricke next to the Puncener.

The depth of euery Sack-but is the foure prickes next to the Puncheon.

The depth of the halfe Hogshead is at the lowest notch, and accounted one.

The depth of the halfe Terse is at the second notch, and is accounted two.

The depth of the halfe Hogshead and halfe pipe, is at the third notch, and accounted three.

The depth of the halfe Butt is at the fourth notch, and is accounted four.

Notes of gad-
gi g of Wines,
Oyles and Ly-
quors.

1. The full gage is marked thus.



The markes
of Gauging.

2. The halfe Sesterne lacketh, thus



3. The whole Sesterne lacketh, thus



4. The Sesterne and halfe lag.



5. The two Sesternes, thus.



6. The two and a halfe Sesterns, thus



A But of Malmsey if he be full gadge , is one hundred
The Contents and twenty six gallons
of all manner
of Galcyne
white, and o-
thers.

And so the tun is two hundred and fifty two gallons.

Euery Sesterne is three gallons.

If you sell for twelue pence a gallon, the tun is twelue
pound, twelue shillings.

And Malmsey and Renish wine at ten pence the gal-
lon, is the tun tenne pound..

Eight pence the gallon, is the tun eight pounds.

Sixe pence the gallon, is the tun sixe pounds.

Fyne pence the gallon, is the tun fyue pound.

Foure pence the gallon, is the tun foure pound.

Now for Gascoine wine there goeth foure hog-
heads to a tun, and euery hogshead is sixty three gallons,
the two hogsheads are one hundred twenty sixe gallons,
and fourē hogsheads are two hundred fifty two gallons;
and if you sell for eight pence the gallon , you shall
make of the tun eight pounds, and so foorth looke how
many pence the gallons are , and so many pounds the
tunne is.

Now for Bastard it is at the same rate, but it lacketh of
gadge two Sesternes and a halfe, or three at a pipe, and
then you must abate sixe gallons of the price , and so in
all other wines.

To chuse Gas-
coyne wines.

See that in your choice of Gascoine wines you ob-
serue , that your Clarret wines be faire coloured , and
bright as a Rubie , not deepe as an Ametist ; for though
it may shew strength , yet it wants neatnesse : also let it
be sweete as a Rose or a Violet, and in any case let it be
short ; for if it be long , then in no wise meddle with it.

For your white wines , see they be sweete and plea-
sant at the nose, very short, cleere and bright and quick
in the taste.

Lastly

Lastly for your Red wine, prouide that they be deepe coloured and pleasant, long, and sweete, and if in them, or Clarret wines be any default of colour, there are remedies enow to amend and repairé them.

If your Clarret wine be faint, and haue lost his color; then take a fresh hoghshead with his fresh lees which was very good wine, and draw your wine into the same; then stop it close and tight, and lay it a foretake for two or three daies that the lees may run through it, then lay it vp till it be fine, and if the colour be not perfit, draw it into a red wine hogshead, that is new drawne with the lees, and that will colour of himselfe, and make him strong; or take a pound of Tournsoll or two, and beate it with a gallon or two of wine, and let it lie a day or two, then put it into your hogshead, draw your wine againe, and wash your cloths, then lay it a foretake all night, and roule it on the morrow; then lay it vp, and it will haue a perfit colour.

And if your Clarret wine haue lost his colour, take a peny worth of Damsons, or els blacke Bullesles, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a cleane glasse, and after into the hogshead of Clarret wine; and the same you may likewise doe vnto red wine if you please.

And if your white wine be faint, and haue lost his colour, if the wine haue any strength in it; take to a hoghshead so much as you intend to put in, out of the said milke, and a handfull of Rice beaten very well, and a little salt, and lay him a foretake all night, and on the morning lay him vp againe, and set it abrach in any wise the next wine you spend, for it will not last long.

Take three gallons of new milke, and take away the

To remedy
Clarret wine
that hath lost
his colour.

A remedy for
Gascoyne wine
that hath lost
his colour.

A remedy for
white wine,
that hath lost
his colour.

**For white wine
that hath lost
his colour.**

Creame off it ; then draw ffe or sixe gallons of wine, and put your milke into the hogshead, and beate it exceeding well , then fill it vp, but before you fill it vp, if you can, roule it, and if it be long and small, take halfe a pound of Roche Allum finely beaten into pouder, and put into the vessell, and let it lie.

**A remedy for
Claret, or
white wine
that drinks
toule.**

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chores , and then put them in, and if that will not serue, take a handfull of the Oake of Ierusalem, and stampe it, then put it into your wine, and beare it exceeding well, and it will not onely take away the foulnesse, but also make it haue a good sent at the nose.

**For red wine
that drinks
faint.**

If your Red wine drinke faint , then take a hogshead that Allegant hath been in with the lees alio, and draw your wine into it, and that will refreshit well, and make the wine well coloured ; or otherwise draw it close to fresh lees, & that will recouer it againe, & put to it three or four gallons of Allegant, and turne it on his lees.

**For red wine
that wan's co-
ur.**

If your Red wine lacke co'our , then take out foure gallons , and put in foure gallons of Allegant, and twine him on his lees, and the bung vp, and his colour will returne and be faire.

To make Tyre.

Take a good But of Malmsey , and ouerdraw it a quarter or more , and fill him vp with fat Bastard, and with Cuite a gallon and more , then parrell him as you did your Malmsey .

**For Sacke, or
Sacke, or Ca-
pock haue lost
their colour.**

You shall in all points dress him , as you did dress your Sacke , or white wine in the like case , and parrell him , and then set him abroach : And thus much touching wines of all sorts , and the true vse and ordering of them , so farre forth as belongeth to the knowledge; and profit of our English Hous-wife.

C H A P. 5.

*Of Wooll, Hempe, Flax and Cloth, and Dying of colours,
of each severall substance, with all the know-
ledges belonging thereto.*



Ur English Houſwife after her knowledege of preseruing, and feeding her family, must learne also how out of her owne endeauours, she onght to cloath them outwardly & inwardly for defence from the cold and comlinesse to the person; and inwardly, for cleanlinesse and heatnesse of the skin, whereby it may be kept from the filth of sweat, or vermine; the first consisting of woollen cloth, the latter of linnen.

To speake then first of the making of woollen cloth, it ^{Of making} is the office of the Husbandinan at the sheering of his ^{woollen cloth.} sheepe, to bestow vpon the Houſwife such a competent proportion of wooll, as shall be conuenient for the cloathing of his family, which wooll as soone as she hath receiued it, she ſhall open, and with a paire of sheeres (the flesce lying as it were whole before her) ſhe shall cut away all the course locks, pitch, brands, tari'd locks, and other feltrings, and lay them by themſelues for course Corder lids, of the like: then the rest ſo cleſened ſhe ſhall breake into peeces, and toſe it euery locke by locke, that ^{Of toſing} is, with her hands open, and ſo diuide the wooll, as not ^{would} any part thereof may be feltred or close together, but all open and loose, then ſo much of the wooll as ſhee intends to spinne white, ſhee shall put by it ſelfe, and the rest which ſhee intends to put into colours ſhee shall waigh vp, and diuide into ſeverall quantities, accor-

The dying of
Wooll.

ding to the proportion of the web which she intends to make, and put euery one of them into particular bagges made of netting, with talies or little peeces of wood fixed vnto them, with priuy markes thereon both for the waight, the colour, and the knowledge of the same wooll when the first colour is alred: this done, she shall if she please send them vnto the Dyers, to be died after her owne fancy; yet for as much as I wou'd not haue our *Engl sh Housse-wife* ignorant in any thing meete for her knowledge, I will shew her here before I proceede any further, how she shall dye her wooll her selfe into any colour meete for her vse.

To dye wooll
blacke.

First then to dye wooll blacke, you shall take two pound of Gals, and bruise them, then take halfe so much of the best greene Coperas, and boyle them both together in two gallons of running water: then shall you put your wooll therein and boile it, so done, take it forth and dry it.

To dye wooll
or haire color.

If you will dye your wooll of a bright haire colour: first boyle your wooll in Allum and water, then take it foorth, and when it is cold, take chambur-lye and chimney-soote, and mixing them together well, boyle your wooll againe therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

To dye wooll
red.

If you would dye your wooll into a perfect red colour, set on a pan full of water, when it is hot put in a pecke of Wheate-branne, and let it boyle a little, then put it into a tub, and put twice as much cold water vnto it, and let it stand vntill it be a weeke old: haing done so, then shall you put to ten pounds of wooll, a pound of Allum, then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wooll, and

and let it boyle the space of an houre : Then take it againe, and then set on more branne and water : Then take a pound of Madder, and put in your Madder when the liquor is hot : when the Madder is broken, put in the wooll and open it, and when it commeth to be very hot, then stirre it with a stasfe, and then take it out and wash it with faire water ; then set on the panne againe with faire water, and then take a pound of Saradine bucke, and put it therein, and let it boyle the space of an egge seething ; then put in the wooll, and stirre it three or four times about, and open it well, after dry it.

To dye Wooll blew, take good store of old chamberry-lye, and set it on the fire, then take halfe a pound of blew Neale, Byse or Indico, and beate it small in a morter, and then put it into the Lye, and when it seethes put in your wooll.

To dye Wooll of a puke colour, take Galles, and beate them very small in a morter, put them into faire seething water, and boyle your Wooll or your Cloth therein, and boyle them the space of halfe an howre : then take them vp, and put in your Copheras into the same liquor : then put in your wooll againe, and doing thus once or twice, it will bee sufficient.

And if you will dye your Wooll of a Sinder colour, which is a very good colour, you shall put your redde wooll into your puke liquor ; and then it will failelesse be of a sinder colour.

If you will dye your wooll either greene or yellow, then boyle your Woodward in faire water, then put in your Wooll or cloth, and the Wooll which you

To dye wooll
bl.w.

To dye a sin-
der colour.

To dye greene
or yellow.

you put in white, will be yellow, and that wooll which you put in blew will be greene, and all this with one li-
quor: prouided that each be first boyled in Alлом.

Hirdling of
wooll after dy-
ing.

When you haue thus died your wooll into those se-
uerall colours meete for your purpose, and haue also
dried it well; then you shall take it foorth, and toase it
ouer againe as you did before: for the first toasing was
to make it receiue the colour or dye: this second is to
receiue the oyle, and make it fit for spinning; which as-
soone as you haue done, you shall mixe your colours to-
gether, wherein you are to note that the best medly, is
that which is compounded of two colours onely, as a
light colour, and a darke: for to haue more is but confu-
sion, and breeds no pleasure, but distraction to the sight:
therefore for the proportion of your mixtures, you shall
ever take two parts of the darker colour, and but a third
part of the light. As for example, your Web containes
tweue pound, and the coloures are red and greene: you
shall then take eight pound of the greene wooll, and but
fourte pound of the red, and so of any other colours
where there is difference in brightnesse.

Mixing of three
colours.

But if it be so that you will needs haue your cloth of
three colours, as of two darke and one light, or two
light and one darke: As thus, you will haue Crimson,
Yellow, and Puke; you shall take of the Crimson and
yellow of each two pound, and of the puke eight pound:
for this is two light colours to one darke; but if you
will take a puke, a greene and an orange tawny which is
two darke, and one light; then you shall take of the puke
and greene, and the orange tawny of each a like quanti-
ty: that is to say, of either fourte pounds, when you haue
equally diuided your portions, then you shall spread vp-
on the ground a shete, and vpon the same first lay a
thin

thin layre or bed of your darker colour, all of one euē thicknesse: then vpon the same layre, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly halfe so much as the darker: then couer it ouer with another layre of the sad colour or colours againe, then vpon it another of the bright againe: And thus lay layre vpon layre till all your wooll be spread: then beginning at one end to role vp round and hard together the whole bed of wooll; and then causing one to kneele hard vpon the roule, that it may not stirre nor open, with your hands toafe, and pull out all the wooll in small peeces: And then taking a paire of Stocke-cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card ouer all the wooll, till you see it perfectly and vndistinctly mixed together, and that indeed it is become one intire colour of diuerse without spots, or vndeuided lockes or knots; in which doing you shall be very carefull, and heedfull with your eye: and if you finde any hard knot, or other felter in the wooll, which will not open, though it be neuer so small, yet you shall picke it out and open it, or else being any other fault cast it away: for it is the greatest art in *House-wifery* to mixe these wools aright, and to make the cloth without blemish.

Your wooll being thus mixed perfectly together, you shall then oyle it, or as the plaine *House-wife* termes it, grease it: In this manner being laid in a round flat bed, you shall take of the best Rape oyle, or for want thereof either well rayd red goose grease, or swines grease, and hauing melted it with your hand sprinkle it all ouer your wooll, and worke it very well into the same: then turne your wooll about, and doe as much on the other side,

Of the oylings
of Wooll.

side, till you haue oyled all the wooll ouer, and that there is not a locke which is not moystened with the same.

The quantity
of oyle.

Now for as much as if you shall put too much oyle vpon the Wooll, you may thereby do great hurt to the web, and make that the thread will not draw, but fall into many peeces; you shall therefore bee sure at the first to giue it little enough: and taking some thereof, proue it vpon the wheele: And if you see it drawes dry, and breaketh, then you may put more oyle vnto it; but if draw well, then to keepe it there without any alteration: but because you shall be a little more certaine in the truthe of your proportions, you shall know, that three pound of grease or oyle, will sufficiently onnoynt or grease ten pounds of wooll: and so according to that proportion you may oyle what quantity you will.

Of the tum-
ming of wooll.

After your wooll is oyld and annointed thus, you shall then tumme it, which is, you shall pull it foorth as you did before, when you mixe it, and card it ouer againe vpon your Stock-cardes: and then those cardings which you strike off, are called tummings, which you shall lay by, till it come to spinning. There be some *House-wifys* which oyle it as they mixe it, and spirckle euery layre as they lay it, and worke the oyle well into it: and then rouling vp as before sayd, pull it out, and tumme it; so that then it goeth but once ouer the Stock-cards, which is not amisse: yet the other is more certaine, though somewhat painefull.

Of spinning
wooll.

After your Wooll is thus mixed, oyled and turnmed, you shall then spinne it vpon great wooll-wheele, according to this order of good *House wifery*: the action whereto must be got by practise, and not relation; only this you shall be carefull, to draw your thread according

ding to the nature , and goodnes of your wooll, not according to your particular desire : for if you draw a fine thread from a wooll which is of a course staple , it will want substance when it comes to the Walke Mill , and either there beate in peeces , or not being able to bed , and couer the threads well , be a cloth of a very short lasting. So likewise if you draw a course thread from a wooll of a fine staple , it will then so much ouer thicke , that you must either take away a great part of the substance of your wooll in flockes ; or els let the cloth weare course , and high , to the disgrace of the good House-wifery , and losse of much cloth , which els might haue beene saued.

Now for the diuersities of spinning , although our ordinary English House-wives make none at all , but spin every thread alike , yet the better experienst make two manner of spinnings , and two sorts of thread ; the one they call warpe , the other weft , or else wooffe ; the warpe is spunne close , round and hard twisted , being strong and well smoothed , because it runs thorough the sleyes , and also indureth the fretting and beating of the beame , the weft is spunne open , loose , hollow , and but halfe twisted ; neither smoothed with the hand , nor made of an great strength , because it but only crosseth the warpe , without any violent straining , and by reason of the softnesse thereof beddeth closer , and couereth the warpe so well , that a very little beating in the Mill bringeth it to perfect cloth : and though some hold it lesse substantiall than the web , which is all of twisted yarne , yet experience findes they are deceiued , and that this open weft keepes the Cloth longer from fretting and weiring .

After the spinning of your wooli , some Hous-wifes

The diuersities
in spinning.

Winding of
Wooden Yarne.

vſe to wind it from the broch into round clewes for more ease in the warping, but it is a labour may very well be fauored, and you may as well warpe it from the broch as from the clew, as long as you know the certaine waight, for by that onely you are to be directed in all manner of cloth making.

Of warping
Cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weauer, yet must not our *English Houſe-wife* be ignorant therein, but though the doing of the thing be not proper vnto her, yet what is done must not be beyond her knowledge, both to bridle the falſhood of vncconſionable workemen, and for her owne ſatisfaction, when ſhee is rid of the doubt of anotherſ cuill doing. It is neceſſary then that ſhee first cast by the waight of her wooll, to know how many yards of cloth the web will arife: for if the wooll be of a reſonable good staple, and well ſpunne, it will run yard and pound, but if it be course, it will not runne ſo much.

Now in your warping alſo, you muſt looke how ma-ny pounds you lay in your warpe, and ſo many you muſt neceſſarily preſerue for your weft; for Houſe-wifes ſay the beſt cloth is made of euē and euē; for to drieve it to greater aduantage is hurtfull to the cloth: there be other obſeruations in the warping of cloth; as to number your portuſſes, and how many goes to a yard: to looke to the cloſenesſe, and filling of the ſleie, and and ſuch like, which ſometimes hold, and ſometimes faile, according to the art of the workeman; and therefore I will not ſtand much vpon them; but referre the Houſe-wife to the iuſtruction of her owne expe-rience.

Now after your cloth is thus warped, and deliuereſ

vp

vp into the hands of the Weauer ; the House-wife hath
finisht her labour : for in the weauing, walking, and Of weaving
dressing thereof shee can challenge no property more, cloth, walk ng
then to entreate them severally to discharge their and dressi g it
duties with a good conscience ; that is say , that the Wea-
uer weave close, strong, and true, that the Walker or
Fuller, mill it carefullly, and looke well to his scow-
ring-earth, for feare of beating holes into the cloth ;
and that the Clothworker, or Sheereman bulle, and
dresse it sufficiently , neither cutting the wooll too vn-
reasonable high , whereby the cloth may weare rough,
nor too low , least it appeare thred-bare ere it come
out of the hands of the Taylor. These thinges fore-
warnd and performed , the cloth is then to be vsed at
your pleasure.

The next tyng to this, which our *English House-wife*, Of linnen
must be skilfull is in the making of all sorts of linnen- cloth,
cloth, whether it be of hempe or flaxe, for from those
two onely this is the most principall cloth derived, and
made both in this, and in other nations

And first touching the soile fittest to sow hempe The ground
vpon, it must be a rich mingle earth of clay and sand, best to low
or clay and grauell well tempered : and of these the
best serueth best for the purpose, for the simple clay,
or the simple sand are nothing so good ; for the first
is too tough, too rich, and too heauy, bringeth forth
all Bunne and no rinde, the other is too barren, too hot,
and too light ; and bringeth forth such slender with-
ered increase, that it is nothing neere worth the labour :
briefly then the best earth is the best mixt ground which
Husband-men call the red hazell ground, being well or-
dered and manured : and of this earth a principall place
to sow hempe on, is in old stickeyards, or other
places

places kept in the winter time for the laire of shchepe or cattle; when your ground is either scarce, or formerly not imployed to that purpose: but if it be where the ground is plenty, and onely vsed thereunto, as in *Holsands*, in *Lincolne-sheire*, the Isle of *Axham*, and such like places, then the custome of the Country will make you except enough therein: there be some that will pleserue the endes of their corne lands, which but vpon grasse for to sow hempe or flaxe thereon, and for that purpose will manure it well with i eepe: for whereas corne which butteth on grasse hads, where cattle are reathered is commonly destroyed, and no profit issuing from a good part thereof; by this meanes, that which is sown will be more lase and plentifull, and that which was destroyed, will beare a commodity of better value.

*The tillage of
the ground.*

*Offsowing of
hempe or flax.*

Now for the tillage or ordering of the ground where you sow Hempe or flaxe, it would in all poynts be like vnto that where you sow Barley, or at the least as often broke vp, as you do when you sow fallow wheat, which is thrice at least, except it be some very mellow, and ripe mould, as stack-yards, and vsually hempe-lands be, and then twice breaking vp is sufficient: that is to say, about the latter end of *February*, and the latter ende of *April*, at which time you shall sow it: and herein is to noted, that you must sow it reasonable thicke with good sound and perfect seed, of which the smoothest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must couer it close, light, and with so fine a mou'd as you can possible breake with your Harrowes, clotting-beetles, or sleighing: then till you see it appeare aboue the earth, you must haue it exceedingly carefully tended, especially an hour

houre or two before Sunne rise, and as much before it set, from birds and other vermine, which will otherwise picke the seed out of the earth, and so deceite you of your profit.

Now for the weeding of hempe, you may saue the labour, because it is naturally of it selfe swift of growth, <sup>Of weeding
of Hempe and
Flaxe.</sup> fax., rough, and venomous to any thing that growes vnder it, and will sooner of its owne accord destroy those vnwholesome weeds then by your labour: But for your Flaxe or line which is a great deale more tender, and of harder encrease, you shall as occasion serueth weed it, and thin me it, especially if the weeds ouergrow it, but not otherwise: for if it once get aboue the weeds, then it will saue it selfe.

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the same: you shall vnderstand that it must be pulled vp by the rootes, and not cut as Corne is, either with scythe or hooke: and the best tyme for the pulling of the same is, when you see the leaues fall downeward, or turne yellow at the tops, for that it is full ripe, and this for the most part will be in *July*, and about *Mary Maudlins day*. I speake now touching the pulling of hempe for cloth: but if you intend to saue any for feed, then you shal saue the principal bunnes, and let them stand till it be the latter end of *August*, or sometimes till mid *September* following: and then seeing the seede turned browne and hard, you may gather it, for if it stand longer, it will ned suddenly: as for flaxe, which ripeneth a little after the hempe, you shall pull it as soone as you see the seed turne browne, and bend the head to the earthward, for it will afterward ripen of it selfe as the bunne drieth.

Now for the ripening, and sealoring of Hempe or Flaxe

The ripening
of hempe and
flaxe.

Flaxe, you shall so soone as you haue pulled it, lay it all along flat, and thinne vpon the ground, for a night and a day at the most, and no more; and then as *House-wifes* call it, tye it vp in baites, and reare them vpright till you can conueniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hempe and Flaxe vpon the ground where it grew, by letting it lye thereon to receiue dewes and raine, and the moystnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hempe or flaxe blacke, rough, and often rotten: therefore I would wish none to vse it, but such as necessity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground onely which rots it.

The watering
of hempe or
flaxe.

Now for the watring of the Hempe or Flaxe, the best water is the running streme, and the worst the standing pit; yet because Hempe is a poysonus thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to employ such pits and ditches as are least subject to annoyance, except you liue neere some great broad and swift streme, and then in the shallow parts thereof, you may water without danger: touching the manner of the watering thereof, you shall according to the quantity, knocke fourre or sixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe downe vnder the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and so lay baite vpon baite, till you haue laid in all, and that the water couereth them all ouer; then you shall take ouer-lyers of wood, and bin ding them ouerhwart to the stakes, keepe the Hempe downe

downe close, and especially at the foure corners; then take great stones, grauell, and other heauy rubbish, and lay it betweene, and ouer the ouer-lyers, and so cover the Hempe close, that it may by no meanes stirre, and so let it continue in the water foure daies and nights, The time it shall lie in the water, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the vppermost baites and wash it; and if in the washing you see the leate come off, then you may be assured the Hempe is watred enough: as for Flaxe, lesse time will serue it, and it will shad the leafe in threene nights.

When your Hempe or Flaxe is thus watered enough, you shall take off the grauell, stones, ouer-lyers of wood, and vnloosing it from the stakes, take and wash out euerie baite or bundle seuerall by it selfe, and rub it exceeding cleane, leauing not a leafe vpon it, nor any filth within it; then set it vpon the dry earth vpright, that the water may drop from it, which done, load it vp, and carry it home, and in some open Close or piece of ground reare it vpright either against hedges, pales, walls, back-sides of houses, or such like, where it may haue the full strenght, or reflecion of the Sunne, and being throughtly drica, then houle it; yet there be some *House wues* which assoone as their Hempe comes from the water, will not reare it vpright, but lay it vpon the ground flat and thinne for the space of a fornight, turning it at the end of euery two daies; first on the one side, then on the other, and then after reare it vpright, dry it, and so houle it, and this *House. w. fery* is good and orderly.

Now although I haue hitherto ioyned Hempe and Flaxe together, yet you shal vnderstand that there are some particular differences betweene them; for wheras your Hempe may within a night or two after the pul-

Speciall ordering of Flaxe.

ling be carried to the water, your flaxe may not, but must be reared vp, and dried and withered a weeke or more to ripen the seede, which done, you must take ripple-combes, and ripple your flaxe ouer, which is the beating, or breaking off from the stalkes the round belles or bobs, which containe the seede which you must preserue in some dry vessell or place, till the spring of the yeare, and then beate it, or thresh it for your vse, and when your flaxe or line is ripled, then you must send it to the water as aforesayd.

*The breaking
for hempe flax.*

After your hempe or Flaxe hath bene watered, dried, and housed; you may then at your pleasure breake it, which is in a brake of wood (whole proportion is so ordinary, that euery one almost knowes them) breake and beate out the dry bunne, or kexe of the Hempe or Flaxe from the rinde which couers it, and when you brake either, you shall doe it, as neere as you can, on a faire dry Sun shone day, obseruing to set foorth your hempe and flaxe, and spread it thinne before the Sunne, that it may be as dry as tinder before it come to the brake; for if either in the lying close together it shall giue againe or sweate, or through the moistnesse of the ayre, or place where it lies receiuers any dampishnesse, you must necessarily see it dried sufficiently againe, or else it will never brake well, nor the bunne breake and part from the rinde in order as it should: therefore if the weather bee not seasonable, and your need much to vse your hempe or flaxe, you shall then spread it vpon your kilne, and making a soft fire vnder it, dry it vpon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beeene receiuued thereby through casualty of fire, I would wish you to sticke foure stakes in

*The drying of
Hempe or
Flaxe.*

in the earth at least fие foote aboue ground, and laying ouer them small our layers of wood, and open sleakes or hurdles vpon the same, spread your Hempe, and also reare some round about it all, but at one open side ; then with straw , small shauings , or other light dry wood make a soft fire vnder the same, and so dry it, and brake it, and this without all danger or mistrust of euill ; and as you brake it, you shall open and looke into it, euer beginning to brake the roote ends first ; and when you see the bun is sufficienly crusht , fallen away, or at the most hangeth but in very small shiuers within the Hempe or Flaxe, then you shall say it is brak't enough, and then tearing that which you called a baite or bundle before , now a strike , you shall lay them together and so house them , keeping in your memorie either by score or writing , how many strikes of Hempe, and how many strikes of flaxe you brake vp everyday.

Now that your Hempe or Flaxe may brake so much the better , you must haue for each seuerall sort two severall brakes , which is an open and wide toothed, or nickt brake, and a close and straight toothed brake : the first being to ciush the bun , and the latter to beate it forth. Now for Flaxe you must take first that which is the straightest for the Hempe , and then after one of purpose , much straighter and sharper for the buntie of it being more small, tough and thinne, must necessari- ly be broken into much lesse peeces.

After your Hempe and Flaxe is brak't, you shall then swingle it , which is vpon a swingle tree blocke made of an halfe inch boord about foure foote aboue ground, and set vpon a strong foote or stocke, that will not easi- ly move and stirre , as you may see in any *Houſe-wives* house

When it is
brak't enough.

house whatsoeuer better then my words can expresse: and with a peece of wood called the swingle tree dagger , and made in the shape and proportion of an olde dagger with a reasonable blunt edge ; you shall beate out all the loose buns and shiuers that hang in the hemp or flaxe, opening and turning it from one ende to the other , till you haue no bunne or shiuer to be perceiued therein, and then stike a twist, and fould in the midst, which is euer the thickest part of the strike, lay them by till you haue swingled all ; the generall profit whereof, is not onely the beating out of the hard bunne , but also an opening , and softining of the teare, whereby it is prepared and made ready for the Market.

Vie cf swin g'e-
ree h. st hurds.

Now after you haue swingled your Hempe and Flax ouer once , you shall take and shake vp the refuse stiffe, which you beate from the same seuerally, and not onely it, but the tops and knots, and halfe brack't buns which fall from the brake also , and drying them againe cause them to be very well threshed with flayles, and then mix- ing them with the refuse which fell from the swingle tree, dresse them all well with threshing and shaking, till the bunnis be cleane driven out of them ; and then lay them in some safe drye place till occasion of vle : these are called swingle tree hurds , and that which comes from the hempe will make window cloth , and such like course stiffe , and that which comes from the flaxe , being a little towed againe in a paire of wooll- cards, will make a course harding.

The second
swingling.

But to proceed forward in the making of cloth, after your hempe or flaxe hath beene swingled once ouer, which is sufficient for the market , or for ordinary sale, you shall then for cloth swingle it ouer the second time, and as the first did beate away the bun, and soften

the

the rind, so this shall breake and diuide , and prepare it fit for the heckle ; and hurds which are this second time beaten off , you shall also saue : for that of the hempe (being toasted in wooll cards) will make a good heinpen harden) and that commeth from the flaxe (vsed in that manner) a flaxe harden better then the former.

After the second swingling of your Hempe, and that the hurds thereof haue bene layd by , you shall take the ^{Of beating} hempe. strikes, and diuiding them into dozens, or halfe dozens, make them vp into great thicke roles , and then as it were broaching them , or spitting them vpon long stickes, set them in the corner of some chemney, where they may receiue the heate of the fire , and there let them abide, till they be dried exceedingly , then take them, and laying them in a round trough made for the purpose, so many as may conueniently lye therein, and there with beetles beat them exceedingly , till they handle both without and within as soft and plyant as may be , without any hardnesse or roughnesse to be felt or perceiued ; then take them from the trough, and open the roler , and diuide the strikes severally as at the first, and if any be insufficiently beaten , role them vp, and beat them ouer as before.

When your Hempe hath bene twice swingled,dried, and beaten, you shall then bring it to the heckle, which instrument needeth no demonstration,because it is hardly vnknowne to any woman whatsoeuer : and the first heckle shall be course, open and wide toothed,because it is the first breaker or diuider of the same , and the layer of the strikes euen and straight : and the hurds which come of this heckling you shall mixe with those of the latter swingling , and it will make the cloth much better ; then you shall heckle it the second time through

a good straight heckle made purposely for hempe, and be sure to break it very well and sufficiently thereupon, and saue both the hurds by themselues, and the stikes by themselues in severall places.

Now there bee some very principall good *House-wives*, which vse onely but to heckle their hempe once ouer, affirming, that if it be sufficiently dried and beaten, that once going ouer through a straight heckle will serue without more losse of labour, hauing bene twice swingled before.

Dressing of
Hempe more
fine.

Now if you intend to haue an excellent peece of Hempen cloth, which shall equall a peece of very pure Linnen, then after you haue beaten it, as beforesayd, and heckled it once ouer, you shall then roule it vp againe, dry it as before, and beate it againe as much as at the first; then heckle it through a fine flaxen heckle, and the towe which falles from the heckle, will make a principall hemping, but the teare it selfe a cloth as pure, as fine *House-wifes* Linnen, the indurance and lasting whereof, is rare and wonderfull: thus you see the vttermost art in dressing of hempe for each severall purpose in cloth making till it come to the spinning.

Of heckling
flaxe.

Flaxe after it hath bene twice swingled needeth neither more drying nor beating as hempe doth, but may be brought to the heckle in the same manner as you did hempe; onely the heckle must be much finer and straiter, and as you did before the first heckle being much courser then the latter, holding the strike stiffe in your hand, break it very well vpon that heckell: then the hurdes wh ch comes thereto, you shall saue to make fine burden cloth of, and the strike it selte you shall passe through a finer heckle; and the hurds wh ch come from thence, you shall saue to make fine midlen

clo.

cloth of, and the teare it selfe for the best linnen.

To dresse Flaxe for the finest vse that may be, as to make faire Holland cloth of great price, or thread for the most curious purpose, a secret hitherto almost concealed from the best *House-wifes* with vs; you shall takee your Flaxe after it hath beene handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as it is possible, ioyning one to the end of another, till you haue platted so much as you thinke convenient, and then begin another plat, and thus platte as many seuerall plats as you thinke will make a roule, like vnto one of your Hempe roules before spoke of, and then wreathing them hard together, make vp the roule; and so many roules more or lesse, according to the purpose you dresse them for: this done, put the roules into a hempe trough, and beate them soundly; rather more then lesse then the hempe: and then open and vnplat it, and diuide euery strike from other very carefully; then heckle it through a fine heckle then any formeily vsed: for of heckles there be euer thrie soits, and this must be the finest: and in this heckling you must be exceeding carefull to doe it gently, lightly, and with good deliberation, least what you heckle from it should runne to knots, or other hardnes, as it is apt to doe: but being done artificially as it ought, you shall see it looke, and feele it handle like fine soft cotton, or Ierfie wooll; and this wh.ch thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen, and run at least two yards, and a halfe in the pound; but the teare it selfe will make a perfect strong, and most fine holland, running at least five yards in the pound.

The dressing
of flaxe to the
finest vse.

After your teare is thus drest, you shall spinne it either

vpon

Upon wheele or rock, but the wheele is the swifter way,
 Of the spinning and the rocke maketh the finer thread; you shall draw
 of hempe. your thread according to the nature of the teare, and as
 long as it is even, it cannot be too small, but if it be vn-
 even, it will neuer make a durable cloth. Now for as
 much as euery Houswife is not able to spinne her owne
 teare in her owne house, you shall make choyce of the
 best Spinners you can heareof, and to them put foorth
 your teare to spinne, wighing it before it goe, and
 waighing it after it is spun and dry, allowing waight for
 waight, os an ounce and a halfe for wast at the most: as
 for the prises for spinning, they are according to the
 natures of the countrie, the finenesse of the teare, and
 the dearenesse of prouisions: some spinning by the
 pound, some by the lay, and some by day, as the bargain
 shall be made.

*Of reeling of
yarn.* After your yarne is spunne vpon spindles, spooles, or
 such like; you shall then reele it vpon reeles, of which
 the reeles which are hardly two foot in length, and haue
 but onely two contrary crosse barres are the best, the
 most easie and least to be troubled with rauelling; and
 in the weauing of your fine yarne to keepe it the better
 from rauelling, you shall as you reele it, with a Ley-
 band of a bigge twist, diuide the slipping or skeane into
 diuers Leyes, allowing to euery Ley 80. threads, and
 20. Laies to every slipping, the yarne being very fine,
 otherwise lesse of both kinds: but if you spin by the Ley,
 as at a pound a Ley or so, then the ancient custome
 hath becne to allow to the reele which was 8. yards all
 aboue 160. threads to euery Ley, and 25 Leyes, and
 sometimes 30 Leyes to a slipping, which will ordinari-
 ly amount to a pound or there aboutes; and so by that
 you may proportion foorth the price for any manner of
 spinning

spiring whatsoeuer : for if the best thus, then the second so much bated; and so accordingly the worst.

After thus yor yarne is spunne and reeld , being in ^{Of the scou-}
the slipping you shall scowre it : Therefore first to fetch ^{ting of yarne.}
out the spotts, you shall lay it in luke warme water, and let it lie so three or four dayes , each day shifting it once ; and wringing it out, and laying it in another wa-
ter of the same nature ; then carry it to a well or brooke,
and there rinse it , till you see that nothing commeth
from it , but pure cleane water ; for whilst there is any
filth within it , there will never be white cloth ; which
done take a bucking tub, and couer the bottome there-
of with very fine Ashen-ashes : then opening your slip-
pings , and spreading them , lay them on those ashes ; ^{Bucking-}
then couer those slippings with ashes againe, then lay in ^{yarne.}
more slippings , and couer them with ashes as before,
and thus lay one vpon another, till all your yarne be laid
in ; then couer the vppermost yarne with a bucking
cloth, and lay therein a pecke or two (according to the
bignesse of the tub) of ashes more : then poure into all
through the vppermost cloth so much warme water,
till the tub can receive no more ; and so let it stand all
night : the next morning, you shall set a kettle of cleane
water on the fire ; and when it is warme , you shall pull
out the spigget of the bucking tubbe , and let the water
therin runne into another cleane vessell, and as the
bucking tubbe wasteth, so you shall fill it vp againe with
the warme water on the fire, and as the water on the fire
wasteth , so you shall fil it vp againe with the lie which
commeth from the bucking tubbe , euer obseruinge to
make the lie hotter and hotter till it seeth ; and then
when it so seetheth , you shall as before apply it with
boylng lie, at least fourtounes together; which is cal-
led

led, the driving of a Buck of yarne: Ali which being done you shall take off the Buckling cloth, and then putting the yarne with the lie ashes into large tubbes or boales, with your hands as hot as you can suffer it to posse, and labour the yarne, ashes, and lie a pretty while together; then carry it to a well, riuver, or other cleane scouring water, and there rinse it as cleane as may be from the ashes, then take it, and hang it vp vpon poales abroad in the ayre all day, and at night take the slippings downe, and lay them in water all night, then the next day hang them vp againe, and if any part of them drie, then cast water vpon them, obseruing euer to turne that side ou most which whiteth slowest, and thus doe at least seuen daies together, then put all the yarne againe into a bucking tubbe without ashes, and couer it as before with a bucking cloth, and lay thereupon good store of fresh ashes, and drive that buck as you did before, with very strong seething lies, the space of halfe a day or more, then take it foorth, posse it, rinse it, and hang it vp as you did before on the daies, and laying it in water on the nights another weeke, and then wash it ouer in faire water, and so dry it vp: other waies there are of scouring and whiting of yarne; as steeping it in brannc and warme water, and then boyling it with ozer sticks, wheat-straw water and ashes, and then possing, rinsing, and bleaching it vpon hedges, or bushes; but it is a foule and vncertainte waie, and I would not wish any good *House-wife* to vse it.

Of winding.
yarne.

After your yarne is scoured and whited, you shall then winde it vp into round balls of a reasonable bignesse, rather without bottomes then with any at all, because it may deceiue you in the waight, for according

ding to the pounds will arise your yards and lengths of cloth.

After your yarne is wound and waighed, you shall carry it to the Weauers, and warpe it as was before shewed for woollen cloth, knowing this, that if your Weauer be honest and skilfull he will make you good and perfect cloth of euen and euen, that is iust the same waight in weft that then was in warp; as for the action of weauing it selfe, it is the worke-mans occupation, and therefore to him I referre it.

After your cloth is wouen, and the web or webs come home, you shall first lay it to steepe in all points as you did your yarne, to fetch out the soyling and other filth which is gathered from the Weauer; then rinse it also as you did your yarne, then bucke it also in lie and ashes as before said, and rinse it, and then hauing loops fixt to the seluedge of the cloth spread it vpon the grasse, and stake it downe at the vttermost length and breadth, and as fast as it diues water it againe; but take heed you wet it not too much, for feare you mildew or rot it, neither cast water vpon it till you see it in manner drie, and be sure weekly to turne it first on one side, and then on the other, and at the end of the first weeke you shall bucke it as before in Lie and Ashes: againe then rinse it, spread it, and water it as before; then if you see it whites apace, you need not to give it any more bucks with the ashes and the cloth mixt together: but then a couple of cleane buckes as was before shewed in the yarne) the next fortnight following; and then being whitened enough, dry vp the cloth, and vle it as occasion shall require; the best season for the same whitening being in Aprill and May. Now the course and wost hou-wifes scour and white their cloath with water

Of warping
and weauing.

The scouring
and whitening
of Cloth.

and.

and branne, and bucke it with lic and greene hemlocks: but as before I said, it is not good, neither would I haue it put in practise. And thus much for Wooll, Hempe, Flaxe, and Cloth of each severall substance.

CHAP. 6.

Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

Here followeth now in this place after these knowledges already rehearsed, the ordering and government of Dairies, with the profits and commodities belonging to the same. And first touching the stocke wherewith to furnish Dairies, it is to be vnderstood that they must be Kine of the best choice & breed that our English House-wife can possibly attaine vnto, as of big bone, faire shape, right bred, and deepe of milke, gentle, and kindly.

Touching the bignesse of bone, the larger that euery Cow is, the better shee is: for when either age, or mischance shall disable her for the paile, being of large bone, shee may be fed, and made fit for the shambles, and so no losse, but profit, and any other to the paile as good and sufficient as he r selfe.

For her shape it must a little differ from the Butchers rules; for being chose for the Dairy, shee must haue all the signes of plenty of milke, as a ciunpled horne, a thinne necke, a hairy dewlappe, and a very large vdder, with fourte teates, long, thicke, and shapte at the ends, for the most part either all white, of what colour souuer the Cow be; or at least the fore part thereof, and if it be well hairet before and behinde, and smooth in the botome, it is a good signe also.

As

Of Kine.

Bignesse of
kine.

Shape of Kine.

As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet some countries doe farre exceed other countries; as *Chesſhire, Lancashire, Yorke-shire, and Darbie shire* for blacke Kine; *Gloceſter-shire, Somerſet-shire*, and ſome part of *Wilt-shire* for red Kine, and *Lincoleſhire* pide Kine: and from the breeds of these Countries generally doe proceede the breeds of all other, howſoever diſperſed ouer the whole Kingdome. Now for our *House-wifes* direction, ſhee ſhall choose her Dairy from any of the best breeds before named, according as her opinion and delight ſhall gouerne her, onely obſeruing not to mixe her breeds of diuers kinds, but to haue all of one intire choice without variation, because it is vnprouitable; neither muſt you by any meanes haue your Bull a forrener from your Kine, but abſolutely either of one country, or of one ſhape & colour: againe in the choice of your kine, you muſt looke diligently to the goodnes & fertility of the ſoile wherein you liue, & by all meanes buy no Kine from a place that is more fruitfull then your owne, but rather harder, for the latter will proſper & come on, the ether wil decay & fal into diſease; as the piffing of blood and ſuch like, for which diſease & all other you may find assured cures in the former booke, called *cheape & good*.

For the depth of milke in Kine (which is the giuing of moſt milke) being the maine of a *House-wifes* profit, ſhee ſhall be very carefull to haue that qualitie in her beaſts. Now thoſe Kine are ſaid to be deepest of milke, which are new bare; that is, which haue but late-ly calued, and haue their milke deepe ſpringing in their vdders, for at that time ſhe giueth the moſt milke; and if the quantity then be not conuenient, doubtleſſe the Cow cannot be ſaid to be of deepe milch, and for the

quantity

Depth of milke
in Kine.

Quantity of
Milke.

quantity of milke , for a Cow to giue two gallons at a meale, is rare, and extraordinary ; to giue a gallon and a halfe is much, and conuenient , and to giue but a gallon certaine is not to be found fault with : againe thole Kine are said to be deepe of milke, which though they giue not so exceeding much milke as others, yet they giue a reasonable quantity , and giue it long as all the yeere through , whereas other Kine that giue more in quantity, will goe dry, being with calfe some three moneths, some two, and some one, but these will giue their vsual measure, euern the night before they calue; and therfore are said to bee Kine deepe of milke. Now for the retained opinion , that the Cow which goeth not dry at all, or very little , bringeth not foorth so good a Calfe as the other , becaule it wanteth much of the nourishment it should enioye , it is vaine and triuolous ; for should the substance from whence the milke procee- deth conuerit to the other intended nourishment , it would be so superabundant, that it would conuert either to disease or putrifaction : but letting these secret reasons passe, there be some kine which are so exceedingly full of milke , that they must be milkt at least thrice a day, at morning, noone , and euening, or else they will shew their milke, but it is a fault rather then a vertue, and proceedeth more from a laxatiuenesse or loosenesse of milke, then from any abundance ; for I never saw those three meales yet equall the two meales of a good Cow, and therefore they are not truly called deepe of milke.

Of the gentle
-
-nent Kine.

Touching the gentlenesse of kine , it is a vertue as fit to be expected as any other, for if she be not affable to the maide , gentle and willing to come to the paile, and patient to haue her duggs drawne without skittishnesse, striking or wildnesse, shee is utterly vnfit for the dayry.

As

As a Cow must be gentle to her milker, so shée must be kind in her owne nature; that is, apt to conceide, and bring foorth, fruitfull to nourish, and louing to that which springs from her; for so she bringeth foorth a double profit; the one for the time present which is in the dairy; the other for the time to come; which is in the maintenance of the stocke, and vpholding of breed.

*Of kindnesse
in King.*

The best time for a Cow to calue in for the dairy, is in the latter end of *March*, and all *Apriell*; for then grasse beginning to spring to its perfect goodnesse, will occasion the greatest increase of milke that may be: and one good early Cow will counteruaile two latter, yet the calves thus calued are not to be reared, but suffered to feed vpon their Dammes best milke, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calues which fall in *Octobrr, No-
uember*, or any time of the depth of winter may well be reared vp for breed, because the maine profit of the Dairy is then spent, and such breed will hold vp any calves which are calued in the prime daies, for they generally are subiect to the disease of the Sturdy, which is dangerous and mortall.

*The best time
to calue in, for
the dairy, or
breed.*

The *House-wife* which onely hath respect to her Dai-
ry, and for whose knowledge this discourse is written (for we haue shewed the *Grasier* his office in the *Eng-
lish Husband-man*) must rearre her Calues vpon the fin-
ger with floten milke, and not suffer them to run with the damaes, the generall manner whereof, and the cure of all the diseases incident to them and all other cattell is fully declared in the booke called *Cheape and good*.

*Roaring of
Calues.*

To proceed then to the geneall vse of Dairies, it con-
sisteth first in the cattell (of which we haue spoken suf-
ficiently) then in the hours of milking, the ordering

*The general
vse of dairies,*

of the milke, and the profits arising from the same.

The howers of
milking.

The best and most commended howers for milking, are indeed but two in the day, that in the spring and summer time which is the best season for the dairy, is betwixt five and sixe in the morning, and sixe and seven a clocke in the euening: and although nice and curios *House-wifes* wil haue a third houre betwixt them; as betweene twelve and one in the after-noone. yet the better experienst doe not allow it, and say as I beleue, that two good meales of milke are better euer then three bad ones; also in the milking of a Cow, the woman must sit on the neare side of the Cow; she must gently at the first handle and stretch her dugges, and moysten them with milke that they may yeeld out the milke the better and with lesse paine: She shall not settle her selfe to milke, nor fixe her paile firme to the ground till she see the cowe staad lure and firme, but be ready vpon any motion of the Cow to saue her paile from overturning; when she seeth all things answerable to her desire, she shall then milke the cowe boldly, & not leauue stretching and straining of her teats till not one drop of milke more will come from them; for the worst poynt of *House-wifery* that can be, is to leauue a Cowe halfe milkt; for besides the losse of the milke, it is the onely way to make a cowe dry and vtterly vnprofitable for the Dairy: the milke-mayd whilst she is in milking, shal doe nothing rashly or sudden'y about the cowe, which may affright or amase her, but as she came gently, so with all gentlenesse she shal depart.

The ordering
of Milke.

Touching the well ordering of milke after it is come home to the Dairy, the maine point belongeth thereunto is the *House-wifes* cleanliness in the sweet and neate keeping of the Dairy-house; where not the least moate

of

of any filth may by any meanes appeare, but all things either to the eie or nose so void of sowernesse or sluttishnesse, that a Princes bed-chamber must not exceed it: to this must be added the sweete and delicate keeping of her milke vessels, whether they be of wood, earth or lead, the best of which is yet disputable with the best *Houſe-wifes*; onely this opinion is generally receiued, that the wooden vessel which is round and ſhallow is best in cold vaults, the earthen vessels principall for long keeping, and the leaden vessel for yeelding of much Creame: but howſoever, any and all these must bee carefully ſcalded once a day, and ſet in the open ayre to ſweeten, leſt getting any taint of sowernesse into them, they corrupt the milke that ſhall be put therein.

*Ordering of
milke vessels*

But to proceede to my purpose, after your milke is come home, you ſhall as it were ſtraine it from all vncleane things, through a neate and ſweete kept Syle-dish, the forme whereof euery *Houſe-wife* knowes, and the bottome of this Syle, through which the milke muſt paſſe, ſhall bee couered with a very cleane washit fine linnen cloth, ſuch an one as will not ſuffer the leaſt mote or haire to go through it; you ſhall into every vessel ſyle a pretty quantity of milke, according to the proportion of the vessel, the broader it is, and the ſhallower it is, the better it is, and yeeldeth euer the moſt creame, and keepeſt the miſke longest from ſowring.

*Syling of
Milke.*

Now for the profit arſing from milke, they are three of especiall account, as Butter, Cheeſe, and Milke, to be eaten either ſimple or compounded: as for Curds, ſowre Milke, or Wigge, they come from ſecondary meanes, and therefore may not bee numbred with theſe.

*Profits arising
from milke.*

For your Butter which onely proceſſeth from the Oþ Butter,
O 2 Creame,

Creame, which is the very heart and strength of Milke, it must be gathered very carefully, diligently, and painefully: And though cleanlinesse be such an ornament to a Hous-wife, that if shee want any part thereof, shee loseth both that and all good names else: yet in this action it must be more seriously imploied then in any other.

*Of fleting
Creame.*

To beginne then with the fleting or gathering of your Creame from the Milke, you shall doe it in this manner: the Milke which you doe milke in the morning you shall with a fine thynne shallow dish made for the purpose, take of the Creame about ffeue of the clocke in the euening; and the Milke which you did milke in the euening, you shall flete and take of the Creame aboue ffeue of the clocke the next morning; and the creame so taken of, you shall put into a cleane sweete and well leaded earthen pot close couered, and set in a coole place: And this creame so gathered you shall not keepe aboue two daies in the Summer, and not aboue four in the Winter, if you will haue the sweetest and best butter; and that your Dairy containe ffeue Kine or more; but how many or few soever you keepe, you shal not by ny means preserue your Creame aboue three daies in Summer, and not aboue sixe in the Winter.

*Of churming
Butter and the
daies.*

Your Creame being neatly and sweet kept, you shall churme or churne it on those vsuall daies which are fittest either for your vle in the house, or the markets adioyning neere vnto you, according to the purpose for which you keepe your Dairy. Now the daies most accustomable held amongst ordinary *House wines*, are Tuesday and Friday: Tuesday in the afternoone, to serue Wednesday morning market, and Friday morning to serue Saturday market; for Wednesday and Saturday are the most generall market daies of this King.

dome,

dome, and Wednesday, Friday, and Saturday, the vsual fasting dayes of the weeke; and so meetest for the vse of butter. Now for churming, take your creame and through a strong and cleane cloth straine it into the churme; and then couering the churme close, and setting it in a place fit for the action in which you are imployed (as in the Summer) in the coolest place of your dairy, and exceeding early in the morning; or very late in the euening; and in the Winter, in the warmest place of your dairy, and in the most temperate houres, as about noone, or a little before or after, and so churne it, with swift strokes, marking the noise of the same which will be solid, heauy and intyre, vntill you heare it alter, and the sound is light, sharpe, and more spirity: and then you shall say that your butter breakes, which perceived both by this sound, the lightnesse of the churne-staffe, and the sparkes and drops, which will appeare yellow about the lippe of the churne, and clense with your hand both the lidde and inward sides of the churne, and hauing put all together, you shall couer the churne againe, and then with easie strokes round, and not to the botome, gather the butter together into one intire lumpe and body, leauing no pieces thereof seuerall or vnioyned.

Now for as much as there be many mischieves and Helpes in inconueniences which may happen to butter in the churning, because it is a body of much tendernesse, and neither will endure much heate, nor much cold: for if it be ouer-heated, it will looke white, crumble, and be bitter in taste; and if it be ouer-cold, it will not come at all, but make you waste much labour in vaine, which faults to helpe, if you churne your butter in the heate of Summer, it shall not be amisse, if during the time of your

The handling
of butter.

Clening o^t
butter.

Seasoning
of butter.

churning you place your churne in a paile of cold water as deepe as your Creame riseth in the churne ; and in the churning thereof let your stroakes goe slow, and be sure that your churne be co'd when you put in your Creame : but if you churne in the coldest time of winter, you shall then put in your creame before the churne be cold, after it hath beene scalded ; and you shall place it within the aire of the fire, and churne it with as swif stroakes, and as fast as may be, for the much labouring thereof will keepe it in a continual warmth, and thus you shall haue your butter good ; sweete, and according to your wish. After your butter is churnd, or churnd and gathered well together in your churne, you shall then open your churne, and with both your hands gather it well together, and take it from the butter-milke, and put it into a very cleane boule of wood, or pashion of earth sweetned for the purpose, and if you intend to spend the butter sweete and fresh, you shall haue your boule or pashion filled with very cleane water, and therein with your hand you shall worke the butter, turning and tossing it to and fro , till you haue by that labour beaten & washt out all the butter-milke, & brought the butter to a firme substance of it selfe, without any other moisture : which done , you shall take the butter from the water, and with the point of a knife scoch and flashe the butter ouer and ouer every way so thicke as is possible, leauing no part through which your knife must not passe ; for this will clense and fetch out the smallest haire or more, or ragge of a strainer, and any other thing which by casuall meanes may happen to fall into it.

After this you shall spread the butter in aboule thin, and take so much salt as you shall thinke conuenient, which must by no meanes be much for sweete butter,

and

and i sprinkle it thereupon; then with your hands worke the butter and the salt exceedingly well together, and then make it vp either into dishes, pounds, or halfe pounds at your pleasure.

If during the moneth of *May* before you salt your butter ^{Of May butter.} you saue a lumpe thereof, and put it into a vessel, and so set it into the Sun the space of that moneth, you shall finde it exceeding soueraigne and medicinable for wounds, straines, aches, and such like grieuances.

Touching the poudring vp or potting of butter, you ^{Of powdering} shall by no meanes as in fresh butter wash the butter ^{vp or potting} milke out with water, but onely worke it cleere out with your hands: for water will make the butter rusty, or rengle; this done you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you woulde be deceipted in the weight: which done, you shall open the butter, and salt it very well and throughly, beating it in with your hand till it be generally disperst through the whole butter; then take cleane earthen pots, exceedingly well leaded least the brine should leake through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same, and when your pot is filled, then couer the top thereof with salt so as no butter be seene: then closing vp the pot let it stand where it may be cold and safe: but if your Dairy be so little that you cannot at first fill vp the pot, you shall then when you haue potted vp so much as you haue, couer it all ouer with salt and pot the next quantity vpon it till the pot be full.

Now there be *Houf wises* whose Dairies being great, can by no meanes conveniently haue their butter con-

Of great da-
ties and their
customes.

tained in pots; as in *Holland, Suffolke, Norfolke*, and such like, and therefore are first to take barrels very close and well made, and after they haue salted it well, they fill their barrels therewith; then they take a small sticke, cleane and sweete, and therewith make diuers holes downe thorough the butter, even to the bottome of the barrell: and then make a strong brine of water and salt which will beare an egge, and after it is boyl'd, well skimm'd and cool'd; then powre it vpon the top of the butter till it swimme aboue the same, and so let it settle. Some vse to boyle in this brine a branch or two of Rosemary, and it is not amisse, but pleasant and wholesome.

When to pot
Butter.

Now although you may at any time betwixt *May* and *September* pot vp butter, obseruing to doe it in the coolest time of the morning: yet the most principall season of all is in the moneth of *May* onely: for then the aire is most temperate, and the butter will take salt the best, and the least subiect to reesing.

Vse of Butter-
milke.

The best vse of buttermilke for the able *Houe wife*, is charitably to bestow it on the poore neighbours, whose wants doe dayly cry out for sustenance: and no doubt but she shall finde the profit thereof in a diuine place, as well as in her earthly busynesse: But if her owne wants command her to vse it for her owne good, then she shall of her butter milke make curds, in this manner: she shall take her butter-milke and put it into a cleane earthen vessell, which is much larger then to receiue the butter-milke onely; and looking vnto the quantity thereof, sheshall take as it were a third part so much new milke, and set it on the fire, and when it is ready to rise, take it off and let it coole a little: then powre it into the buttermilk in the same manner as you would

Of Butter-
milke Curds.

would make a posset, and having stirred it about, let it stand: then with a fine skummer, when you will vle the curds (for the longer it stands the better the curds will eate) take them vp into a cullander and let the whey drop well from it: and then eate them either with Creame, Ale, Wine, or Beere: as for the whey, you may keepe it alio in a sweete stone vessell: for it is that which is called Whigge, and is an excellent coole drinke and a wholesome; and may very well be drunke a summer through in sted of any other drinke, and without doubt will slake the thirst of any labouring man as well, if not better.

Of Whigge:

The next maine profit which ariseth from the Dairy of Cheese, is cheese, of which there be diuerse kinds, as new milke, or morrow milke cheese, nettle cheese, floaten milke cheese, and eddish, or after-math-cheese, all which haue their severall orderings and compositions, as you shall perceiue by the discourse following: yet before I do begin to speake of the making of the cheese, I will shew you how to order your Cheeselēp-bag or Runnet, which is the most principall thing wherewith your cheese is compounded, and giueth the perfect tast vnto the same.

The Cheeselēp-bag or Runnet, which is the stomacke of the Cheeselēp-bag or Runnet.
bagge of a yong suckling calfe, which never tasted other food then milke, where the curd lieth vndisgested. Of these bagges you shall in the beginning of the yeare prouide your selfe good store, and first open the bag and powre out into a cleane vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and picke out of it all manner of motes, chiers of grasse, or other shitt gotten into the same: Then wash the curd in so many cold waters, till it be as white and cleane from all

loits.

sorts of moates as is possible; then lay it on a cleane cloth that the water may draine from it, which done, ley it in another dry vessell, then take a handfull or two of salt and rubbe the curd therewith exceedingly: then take your bagge and wash it also in duerse cold waters till it be very cleane, and then put the curd and the salt vp into the bag, the bagge being also well rub'd within with salt: and so put it vp, and salt the outside also all ouer: and then close vp the pot close, and so keepe them a full yeare before you yie them. For touching the hanging of them vp in chimney corners (as course *House-wives* do) is sluttish, naught, and vnwholesome, and the spending of your runnet whilst it is new, makes your cheese heauie and proue hollow.

*Seasoning of
the runnet.*

When your runnet or earring is fit to be vse, you shall season it after this manner: you shall take the bag you intend to vse, and opening it, put the curd into a stone morter or a bowle, and with a wooden pestle or a roling pinne beate it exceedingly; then put to it the yelkes of two or three egges, and halfe a pint of the thickest and sweetest creame you can fleete from your milke, with a peny-worth of saffron finely dried and beaten to powder, together with a little Cloues and Mace, and stirre them all passing well together till they appeare but as one substance, and then put it vp in the bagge againe: then you shall make a very strong brine of water and salt, and in the same you shall boile a handfull or two of Saxifrage, and then when it is cold cleare it into a cleane earthen vessell; then take out of the bag halfe a dozen spoonfull of the former curd and mixe it with the brine, then closing the bagge vp againe close hang it within the brine, and in any case also steepe in your brine a few Wall-nut-tree leaues, and so keepe your

your runnet a fortnight after before you vsit it ; and in this manner dress all your bagges so , as you may euer haue one ready after another , and the youngest a fortnight olde euer at the least, for that will make the earning quicke and sharpe, so that foure spoonefuls thereof will suffice for the gathering and seasoning of at least tweue gallons of milke , and this is the choysest and best earning which can possible be made by any Housewife.

To make a new milke or morning milke Cheese; which is the best cheese made ordinarily in our Kingdome; you shall take your milke early in the morning as it comes from the Cow, and syle it into a cleane tubbe, then take all the creame also from the milke you milkt the euening before, and straine it into your new milke : then take a pretty quantity of cleane water , and having made it scalding hot, poure it into the milke also to scald the creame and it together, then let it stand, and coole it with a dish til it be no more then lukewarme; then go to the pot where your earning bags hangs , and draw from thence so much of the earning without stirring of the bag, as will serue for your proportion of milke, & straine it therein very carefully; for if the least mote of the curd of the earning fal into the cheeze, it will make the cheese rot and mould , when your earnings is put in you shall couer the milke , and so let it stand halfe an howre or thereabouts ; for if the earning be good it will come in that space ; but if you see it doth not, then you shall put in more : being come , you shall with a dish in your hand breake and mashe the curde together, possing and turning it about diversly : which done , with the flat palmes of your hands very gently presse the curde downe into the bottome of the tubbe, then with

To make a new
Milke cheeze
compound.

a thinne dish take the whey from it as cleane as you can, and so hauing prepared your Cheese-fat answerable to the proportion of your curd with both your hands ioyned together, put your curd therein and breakē it and presse it down hard into the fat till you haue fild it; then lay vpon the top of the curd your flat Cheese-boord, and a little small weight thereupon, that the whey may drop from it into the vnder vessell; when it hath done dropping, take a large Cheese-cloth, and hauing wet it in the cold water, lay it on the Cheese-boord, and then turne the Cheese vpon it; then lay the cloth into the Cheese-fat: and so put the Cheese therein againe, and with a thin slice thrust the same downe close on euery side; then laying the cloth also ouer the top to lay on the Cheese-boord, and so carry it to your great presse, and there presse it vnder a sufficient waight: after it hath beene there prest halfe an houre, you shall take it and turne it into a dry cloth, and put it into the presse againe, and thus you shall turne it into dry cloathes at least fiue or sixe times in the first day, and euer put it vnder the presse againe, not taking it there from, till the next day in the euening at soonest, & the last time it is turned, you shall turne it into the dry fat without any cloth at all.

When it is prest sufficiently and taken from the fat, you shall then lay it in a kimnell, and rub it first on the one side, and then on the other with salt, and so set it lie all that night, then the next morning, you shall doe the like againe, and so turne it vpon the brine, which comes from the salt two or three dayes or more, according to the bignesse of the Cheese, and then lay it vpon a faire table or shelfe to drie, forgetting not euery day once to rubbe it all ouer with a cleane cloth, and then to turne it, till such time that it be throughly drie, and fit to goe into

into the Cheese hecke: ad in this manner of drying you must obserue to lay it first where it may dry hastily, and after where it may dry at more leysure: thus may you make the best and most principall cheese.

Now if you will make Cheese of two meales, as your mornings new milke, and the euennings Creame, mi ke and all you shall doe but the same formerly rehearsed. And if you will make a simple morrow milke Cheese, which is all of newe milke and nothing else; you shall then doe as is before declared, onely you shall put in your earring so soone as the milke is fild (it haue any warmth int) and not scald it: but if the warinth be lost you shall put it into a kettle and give it the ayre of the fire.

If you will haue a very dainty nettle Cheese, which is the finest summer cheese which can bee eaten; you shall doe in all things as was formerly taught in the new milke cheese compound; Onely you shal put the curde into a very thinne cheese-fat, not aboue halfe an inch or a little better deepe at the most, and then when you come to dry them assoone as it is drained from the brine, you shall lay it vpon fresh nettles and couer it all ouer with the same; and so lying where they may feele the ayre, let them ripen therein; obseruing to renew your nettles once in two danes, and euery time you renewe them, to turne the cheese or cheeses, and to gather your Nettles as much without stalkes as may be, and to make the bed both vnder and aloft as smooth as may be, for the more even and fewer wrinkles that your cheese hath, the more dainty is your House-wife accounted.

If you will make floaten milke cheese, which is the courtest of all cheses, you shall take some of the milke and.

and heate it vpon the fire to warme all the rest : but if it be so sowre that you dare not aduenture the warming of it for feare of breaking , then you shall heate water, and with it warme it ; then put in your earning as before shewed , and gather it, presse it, salt it, and dry it as you did all other Cheeses.

Of eddith
Cheese.

Touching your eddith Cheese or winter Cheese, there is not any difference betwixt it and your summer Cheese touching the making thereof onely, because the season of the yeere denieth a kindly drying or hardning thereof, it differeth much in taste , and will be soft alwaies ; and of these eddith Cheeses you may make as many kinds as of summer Cheeses, as of one meale, two meales, or of milke that is floaten.

Of Whey and
the profits.

When you haue made your Cheese , you shall then haue care of the Whey, whose generall vse differeth not from that of butter-milke, for either you shall preserue it to bestow on the poore , because it is a good drinke for the labouring man, or keepe it to make curds out of it, or lastly to nourish and bring vp your swine.

Of Whey
curds.

If you will make curds of your best Whey, you shall set it vpon the fire, and being ready to boyle, you shall put into it a pretty quantity of butter-milke , and then as you see the Curds arising vp to the top of the Whey, with a skummer skim them off , and put them into a Cullender, and then put in more butter-milke, and thus doe whilste you can see any Curds arise ; then the Whey being drained cleane from them , put them into a cleane vessell , and so serue them forth as occasion shall serue.

CHAP. 7.

The Office of the Malster, and the severall secrets, and knowledges belonging to the making of Malt.



T is most requisite and fit that our Hous-wife be experienced and well practised in the well making of Malt, both for the necessary and continuall vse thereof, as also for the generall profit whch accrueth and ariseth to the Husband, Hous-wife, and the whole family: for as from it is made the drinke, by which the houshold is nourished and sustained, so to the fruitfull husbandman (who is the master of rich ground, and much tillage) it is an excellente merchandize, & a commodite of lo-great trade, that not alone especiall Townes and Counties are maintained thereby, but also the whole Kingdom, and diuers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the Hous-wife; and though we haue many excellent Men-malsters, yet it is properly the worke and care of the woman, for it is a house-worke, and done altogether within dores, where generally lieth her charge; the Man only ought to bring in, and to prouide the graine, and excuse her from portage or too heauy burthens, but for the Art of making the Malt, & the severall labours appertaining to the same, euen from the Fat to the Kilne, it is onely the worke of the Hous-wife and the Maid-servants to her appertaining.

To begin then with the first knowledge of our Malster, it consisteth in the election and chiose of graine fit to make Malt on, of which there are indeed truely but two kinds, that is to say, Barley, which is of all other

Election of
of C vne
for Malt.

other the most excellent for this purpose ; and Oates, which when Barly is scant or wanting , maketh also a good and sufficient Malt : and though the drinke which is drawne from it be neither so much in the quantity , so strong in the substance , nor yet so pleasant in the taste , yet is the drinke very good and tolerable , and nourishing enough for any reasonable creature . Now I doe not deny , but there may be made Malt of Wheate , Pease , Lupins , Fetches & such like , yet it is with vs of no retaine d custome , nor is the drinke simply drawne or extracted from those graines , either wholsome or pleasant , but stroug and fulsome ; therefore I thiak it not fit to spend any time in treating of the same . To speake then of the election of Barly , you shall vnderstand that there be diuers kinds thereof , according to the alteration of soyles , some being big , some little , some full , some empty , some white , some browne , and some yellow : but I will reduce all these into three kinds , that is , into the Clay-Barly , the Sand-Barly , and the Barly which groweth on the mixt soyle . Now the best Barly to make Malt on , both for yeelding the greatest quantity of matter , and making the strongest , best and most wholesome drinke , is the Clay-Barly well drest , being cleane Corne of it selfe , without weede or Oates , white of colour , full in substance , and sweete in taste : that which groweth on the mixt grounds is the next ; for though it be subiect to some Oates and some Weedes : yet being painefully and carefully drest , it is a faire and a bould corne , great and full ; and though somewhat browner then the former , yet it is of a faire and cleane complexion . The last and worst graine for this purpose is the Sand-Barly , for although it be seldome or neuer mixt with Oates , yet if the tillage be not painefully and cunningly handled ,

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it is much subiect to weedes of diaerse kinds , as tares, fetches, and such like, which drinke vp the liquor in the brewing, and make the yeeld or quantity thereof very little and vnproufitable: besides, the graine naturally of it selfe hath a yellow, withered, empty huske, thicke and vnfurnished of meale, so that the drinke drawne from it can neither be so much, so strong, so good, nor so p' easant; so that to conclude, the cleane Clay-barley is best for profit in the sale drinke for strength and long lasting.

The Barley in the mixt grounds will serue well for houſholds and families : and the sandy barley for the poore, and in ſuch places where better is not to be gotten . And theſe are to be knowne of euery Husband or Houſe-wife: the firſt by his whitenesse, greatnessſe and fu'nesſe: the ſecond by his brownenesſe, and the third by his yellowenesſe, with a darke browne nether ende, and the emptinesſe and thicknesſe of the huske (and in this election of Barley) you ſhall note, that if you finde in it any wild oates, it is a ſigne of a rich clay-ground, but ill houſbanded, yet the malt made thereof is not much amifle, for both the wilde oate and the perfit oate giue a pleafant sharpe rellish to the drinke, if the quan- tity be not too much, which is euermore to be reſpe- cted. And to conclude this matter of election, great care muſt be had of both Husband and Houſe-wife, that the barley choſen for malt, be exceeding ſweete, both in ſmell and taste, and very cleane drefte: for any cor- ruption maketh the malt loathſome, and the foule dref- ſing affordeth much losſe.

After the ſtillfull election of graine for malt, the O f i h M a l t -
Houſe wife is to looke to the ſituation, goodneſſe and ſituation.
apt accommodation of the Malt-houſe; for in that con-

sisteth both much of the skill, and much of the profit: for the generall situation of the house, it wou'd(as neere as can be) stand vpon firme dry ground, hauing prospect euery way, with open windowes and lights to let in the Wind, Sunne, and Ayre, which way the Malster pleaseth, both to coole and comfort the graine at pleasure, and also close-shuts or draw-windowes to keepe out the Frosts and Stormes, which are the onely lets and hinderances for making the malt good and perfect, for the modell or forme of these houses, some are made round, with a court in the middle, some long, and some square, but the round is the best, and the least laborious; for the Cesternes or Fats being placed (as it were) at the head, or beginning of the circkle, and the pumpe or well (but the pumpe is best) being close adioyning, or at least by conueyance of troughe made as vlefull as if it were neere adioyning, the Corne being steepte, may with one persons labour and a shouell, be cast from the fat, or cesterne to the flowre and there coucht; then when the couch is broken it may in the turning either with the hand or the shouell, be carried in such a circular house round about from one flowre to another, till it come to the kilne, which would also be placed next ouer against the pumpe and cesternes, and all contained vnder one rooffe; and thus you may empty sleeping after sleeping, and carrie them with one persons labour from flowre to flowre, till all the flowres be fild: in which circular motion you shall finde, that euer that which was first steepte, shall first come to the Kilne, and so consequently one after another in such sort as they were steeped; and your worke may euer more be constant, and your flowres at no tyme empty but

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at your owne pleasure, and all the labour done onely with the hand and shouell, without carrying or re-carrying, or lifting heauie burthens, is both troublesome and offensiue, and not without much losse, because in such cases euer some graine scattereth.

Now ouer against the Kilne-hole or Furnace (which is euermore intended to bee on the ground) should a conuenient place be made to pile the fuell for the Kilne, whether it bee Strawe, Bracken, Furres, Wood, Coale, or other fewell; but sweete Straw is of all other the best and neatest. Now it is intended that this mault-houle may be made two Stories in height, but no higher: ouer your Cesternes shall be made the Garners wherein to keepe your Barley before it be stee-ped: in the bottomes of these Garners, standing di-rectly ouer the Cesternes, shall bee conuenient holes made to open and shut at pleasure, through which shall runne downe the Bailey into the Cesterne: Ouer the bed of the Kilne can bee nothing but the place for the Haire-cloth, and a spacious roote open euery way, that the smoake may haue free passage, and with the least ayre bee carried from the Kilne, which maketh the malte sweete and pleasant. Ouer that place where the fewell is piled, and is next of all to the bed of the Kilne, would likewise bee other spacious Gar-ners made, some to receiue the Malte assoone as it is dried with the Come and Kilne-dust, in which it may lye to mellow and ripen; and others to receiue the Malt after it is skreened and drest vp; for to let it bee too long in the Come, as aboue three moneths at lon-gest, will make it both corrupt, and breed Weeuels and other Wormes, which are the greatest destroyers of malt that may be. And thele garners should be so conue-

niently plac't before the front of the Kilne-bed, that either with the shouell or a small scuttle you may cast, or carrie the malt once dryed into the Garners. For the other part of the flowers, they may be employed as the ground-flowers are for the receiving of the malt when it comes from the cesterne: and in this manner, and with these accommodations you may fashion any malt-house either round, long, square, or of what proportion soever, as either your estate, or the conuenience of the ground you haue to build on shall administer.

Of Malt-flowers.

Next to the cite or proportion of the ground, you shall haue a principall care for the making of your malt-flowers, in which (all the custome, and the nature of the seile binds many times a man to sundry inconueniences, and that a man must necessarily build according to the matter he hath to build withal, from whence ariseth the many diuersities of malt-flowers) yet you shall vnderstand, that the generall best malt-flowre, both for Summer and Winter, and all seasons, is the caue or vaulted arch which is hewed out of a drye and mayne greetie rocke, for it is both warme in Winter, coole in Summer, and generally comfortable in all seasons of the yeare whatsoever. For it is to be noted, that all be *House-wives* do g'ue ouer the making of malt in the extreame heate of Summer, it is not because the malt is worse that is made in Summer then that which is made in winter, but because the flowres are more vnsealonable, and that the Sunne getting a power into such open places, maketh the graine which is steeped to sproute and come so swifly, that it cannot indure to take time on the flowre, and get the right seasoning which belongeth to the same: wheras these kind of vaults being dry, and as it were coucht vnder

vnder the ground, not onely keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and colde bitter blastes in sharpe Winters, which will not suffer it to come, or sproute at all; or if parte doe come and sproute, as that which lyeth in the heart of the bed; yet the vpper partes and outside by meanes of extreame colde cannot sproute: but being againe dried, hath his first hardnesse, and is one and the same with rawe Barley; for euery *House-wife* must knowe, that if malt do not come as it were altogether, and at an instant, and not one come more then another, the malt must needes be very much imperfect: The next flower to the Cauē, or drye sandy Rocke, is the flower which is made of earth, or a stiffe strong binding Claye well watered, and mixt with Horse-dung, and Soape-ashes, beaten and wrought together, till it come to one sollide firmenesse; this Flower is a very warme comfortable Flower in the Winter season, and will helpe the graine to come and sproute exceedingly, and with the helpe of windowes to let in the colde ayre, and to shut out the violent reflection of the Sunne, will serue verily conueniently for the making of malt, for nine monethes in the yeare, that is to say, from September till the ende of May; but for June, July, and August, to employe it to that purpose, will breed both losse, and incumbrance: The next Flower to this of earth, is that which is made of plaster, or plaster of paris, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly layde, and well leueiled; the imperfection of the plaster flower is onely the extreame coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the graine,

that it cannot sproute, for which cause it behoueth every Maltster that is compelled to these Flowers, to looke well into the seasons of the yeere, and when hee findeth either the Frostes, Northerne blasts, or other nipping stormes to rage too violently, then to make his first couches or beds, when the graine commeth newly out of the Cesterne, much thicker and rounder then otherwise hee would doe; and as the colde abateth, or the corne increaseth in sprouting, so to make couches or beds thinner and thinner, for the thicker and closer the graine is coucht and layde together, the warmer it lyeth; and so catching heate, the sooner it sprouteth, and the thinner it lyeth the cooler it is, and so much the flower in sprouting. This flowre, if the windowes be close, and guard of the Sunne suffici-ently, will (if necessity compell) serue for the making of Malt ten moneths in the yeare, onely in *July* and *August* which containe the Dogge-dayes, it would not be employed, nor in the time of any Frost, without great care and circumpection.

Againe, there is in this flowre another fault, which is a naturall casting out of dust, which much sullieth the graine, and being dried, makes it looke dun and foule, which is much disparagement to the Maltster; therefore she must haue great care that when the malt is taken away, to sweepe and keepe her flowers as cleane and neate as may be. The last and worst is the boarded flower, of what kind soever it be, by reason of the too much heate thereof, and yet of boarded flowers the Oken boarded is the coolest and longest lasting; the Elme or Beech is next; then the Ashe, and the worst (though it bee the fairest to the eye) is the Firre, for it hath in it selfe (by reason of the Frankensence and

Turpen-

Turpentine which it holdeth) a naturall heate, which mixed with the violence of the Sunne in the Summertime, forceth the graine not onely to sproute, but to grow in the couch, which is much losse, and a foule im-
paration. Now these boarded flowers can hardly be in
use for abone ffeue moneths at the most, that is to say,
October, Nouember, December, January and February:
for the rest, the Sunne hath too much strength, and these
boarded flowers too much warmth; and therefore in the
coolest times it is good to obserue to make the couches
thinne, whereby the ayre may passe thorough the
corne, and so coole it, that it may sproute at leisure.

Now for any other flower besides these alreadie
named, there is not any good to malt vpon; for the
common flowre which is of naturall earth, whether
it be Claye, Sand or Grauell, if it haue no mixture at
all with it more then it owne nature, by oft treading
vpon it, groweth to gather the nature of saltnesse or
Salt-peter into it, which not onely giueth an ill taste
to the graine that is layde vpon the same, but also his
moysture and moldiness, which in the moyst times of
the yeare arise from the ground, it often corrupteth
and putrifiseth the corne. The rough paued flowre by
reason of the vneuenesse, is vnsit to malt on, because
the graine getting into the crannies, doth there lye, and
are not remoued or turned vp and downe as they shoulde
be with the hand, but many times is so fixed to the
ground, it sprouteth and groweth vp into a greene
blade, affoording much losse and hinderance to the
owner.

The smooth paued flowre, or any flowre of stony
whatsoeuer, is full as ill; for every one of them natu-
rally against much wet or chaunge of weather, will

sweate and distill forth such abundant moisture, that the Malt lying vpon the same, can neither dry kindly and expell the former moisture received in the cesterne, but also by that ouer much moisture many times rote h, and comes to altogether vselesse. Lastly, for the flower made of Lime and Haire, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heate and sharpnes is a maine enemy to Malt, or any moist corne, as also in respect of the weaknes and britlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treaſing on the same, and that lime and dust once mixing with the corne, it doth so poison and suffocate it, that it can neither sprout, nor turne seruiceable for any vſe.

Of the Kilne
and the buil-
ding thereof.

Next vnto the Malt flowers, our Malster shall haue a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of moddles, as the ancient forme which was in times past vſed of our fore-fathers, being onely made in a square proportion at the top with small splints or rafters, ioyned within four inches one of another going from a maine beamc croſſing the mid part of that great square: then is this great square from the top, with good and ſufficient ſtudds to be drawne ſloewife narrower and narrower, till it come to the ground, ſo that the harth or lowest part thereof may be not aboue a ſixth part to the great square aboue, on which the Malt is laid to be dried, and this harth ſhall be made hollow and deſcending, and not leuell nor ascending: and theſe Kilns doe not hold any certaine quantity in the upper ſquare, but may euer be according to the frame of the house, ſome being thirty foot each way, ſome twenty, and ſome eighteene. There be other Kilnes which are made after this

this manner open and slope, but they are round of proportion, but both these kind of Kilnes haue one fault, which is danger of fire; for lying euery way open and apt for the blaze, if the Malster be any thing negligent either in the keeping of the blaze low and forward, or not sweeping euery part about the harth any thing that may take fire, or foreseeing that no strawes which doe belong to the bedding of the Kilne do hang downe, or are loose, whereby the fire may take hold of them, it is very possible that the Kilne may be set on fire, to the great losse and often vndoing of the owner.

Which to preuent, and that the Malster may haue ^{The perfect} better assurance and comfort in her labour, there is a Kilne. Kilne now of generall vse in this Kingdome, which is called a French Kilne, being framed of a Bricke, Ashler, or other fire-stone, according to the nature of the soyle in which *Husbands* and *Hous wifes* liue: and this French Kilne is euer safe and secure from fire, and whether the Malster wake or sleepe, without extreame wilfull negligence, there can no danger come to the Kilne; and in these Kilnes may be burnt any kind of fewell whatsoeuer, and neither shall the smoke offend or breed ill taste in the Malt, nor yet discolour it, as many times it doth in open Kilnes, where the Malt is as it were, couered all ouer, and euен parboyl'd in smoke: so that of all sorts of Kilnes whatsoeuer, this which is called the French Kilne, is to be preferred and onely embraced. Of the forme or modell whereof, I will not here stand to entreat, because they are now so generally frequent amongst vs, that not a Mason or Carpenter in the whole Kingdome but can build the same; so that to vse more words thereof were tediousnesse to little purpose. Now there is another kind of

Kilne

Kilne which I haue seene (and but in the West-country onely) which for the profitable quaintnesse thereof, I tooke some especiall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round, and made of Bricke, with a little hollownesse narrowed by degrees, into which came from the bottome and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ran directly on the backe-side, the hood or backe of the Kitchin-chimney; then in the midst of the Chimney, where the greatech strength of the fire was made, was a square hole made of about a foote and a halfe every way, with an Iron thicke plate to draw to and fro, opening and closing the hole at pleasure; and this hole doth open onely into that tunnell which went to the Kilne, so that the Malt being once laid, and spread vpon the Kilne, draw away the Iron plate, and the ordinary fire with which you dresse your meate, and performe other necessary busynesses, is suckt vp into this tunnell, and so conuaith the heate to the Kilne, where it drieth the Malt with as great perfection, as any Kilne I saw in my life, and needeth neither attendance or other ceremony more, then once in fife or sixe houres to turne the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be which is in the Chimney, yet by reason of the passage, and the quantity thereof, it carrieth no more but a moderate heate to the Kilne; and for the smoke, it is so carried away in other loope-holes which runne from the hollownesse betweene the tunnell and the Malt-bed, that no Malt in the world can possibly be sweter, or more delicate-ly coloured: onely the fault of these Kilns are, that they are

are but little in compasse, and so cannot dry much at a time, as not aboue a quarter or ten strike at the most in one drying; and therefore are no more but for a mans owne particular vse, and for the furnishing of one settled family; but so applied, they exceede all the Kilnes that I haue seene whatsoeuer.

When our Malster hath thus perfited the Malt-house and Kilne, then next looke to the well bedding of the ^{Bedding of} the Kilac. Kilae, which is diuersly done according to mens diuers opinions; for some vse one thing, and some another, as the necessity of the place, or mens particular profits draw them.

But first to shewe you what the bedding of a Kilne is, you shall vnderstand, that it is a thine couering laid vpon the open rafters, which are next vnto the heate of the fire; being made either so thinne or so open, that the smallest heate may passe thorow it, and come to the corne: this bed must be laid so euen and leuell as may be, and not thicker in one place then another, least the Malt die too fast where it is thinnest, and too slowly where it is thicke, and so in the taste seeme to bee of two severall dryings: it must also be made of such stuffe, as hauing received heate, it will long continue the same, and be an assistant to the fire in drying the corne: it should also haue in it no moyst or dankish propertie, least at the first receiving of the fire, it send out a stinking smoke, and so taint the malt: nor should it be of any rough or sharpe substance, because vpon this bed or bedding is laid the haire-cloth, and on the haire-cloth the malt, so that with the turning the malt, and treading vpon the cloth, should the bed be of any such roughnesse, it would soone weare out the haire-cloth, which would be both losse

losse and ill *House-wifery*, which is carefully to be eschewed.

But now for the matter or substance whereof this bidding should be made, the best, neatest, and sweetest, is cleane long Rye straw, with the cares onely cut off, and the ends layd euen together, not one longer then another, and so spread vpon the rafter of the Kilne as euen and thinne as may be, and layd as it were straw by straw in a iust proportion, where skill and industry may make it thin or thicke at pleasure, as but the thicknesse of one straw, or of two, three, four or five, as shall seeme to your iudgement most conuenient, and then this, there can be nothing more euen, more drye, sweete, or open to let in the heate at your pleasure: and although in the olde open Kilnes it be subiect to daunger of fire, by reason of the quickenesse to receiue the flame, yet in the French Kilnes (before mentioned) it is a most safe bedding, for not any fire can come neere vnto it. There bee others which bed the Kilne with Mat; and it is not much to bee misliked, if the Mat be made of Rye-straw sowed, and wouen together according to the manner of the Indian Mats, or those vnuall thinne Bent Mats, which you shall commonly see in the Summer time, standing in Husbandmens Chimneys, where one bent or straw is layde by another, and so wouen together with a good strong packe-thread: but these Mats according to the o. de Prouerbe (More cost more Worshipp) for they are chargeable to bee bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings; for if one thread or stitch break, immedately most in that rowe will followe: onely it is most certaine, that during the time

time it lasteth it is both good, necessary and handsome. But if the matt be made either of Bulrushes, Flaggs, or any other thicke substance (as for the most part they are) then it is not so good a bedding, both because the thicknesse keepeth out the heate, and is long before it can be warmed; as also in that it euer being cold, naturally of it selfe draweth into it a certayne moysture, which with the first heate being expelled in smoke, doth much offend and breed ill taste in the malt. There be others that bed the Kilne with a kinde of matt made of broad thinne splints of wood wrought checker-wise one into another, and it hath the same faults which the thicke matt hath; for it is long in catching the heate, and will euer smoke at the first warming, and that smoke will the malt smell on euer after; for the smoke of wood is euer more sharpe and piercing then any other smoke whatsoeuer. Besides this wooden matt, after it hath once bedded the Kilne, it can hardly afterward bee taken vp or remoued; for by continuall heate, being brought to such an extreame drieresse, it vpon any occasion either to mend the Kilne, or cleane the Kilne, or doe other necessary labour vnderneath the bedding, you shall take vp the wooden matt, it would presently cracke and fall to pieces; and be no more seruiceable. There be others which bed the Kilne with a bedding made all of wickers, of small wands foulded one into another like a hurdle; or such like wand-worke; but it is made very open, euery wand at least two or three fingers one from another: and this kind of bedding is a very strong kind of bedding, and will last long, and catcheth the heat at the first springing, onely the smoke is offensiuе, and the roughnesse without great care vsed,

will

will soone weare out your haire-cloth : yet in such places where straw is not to be got or spared, and that you are compelled onely to vse wood for your fuel in drying your Malt, I allow this bedding before any other, for it is very good, strong and long-lasting : besides, it may be taken vp & set by at pleasure, so that you may sweepe and cleane your Kilne as oft as occasion shall serue, and in the neate and fine keeping of the Kilne, doth consist much of the *Hous-wives Art*; for to be choakt either with dust, durt, soote or ashes, as it shewes sluttishnesse and sloth, the onely great imputations hanging ouer a *Hous-wife*, so they likewise hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Offfuel for the
drying of
Malt.

Next the bedding of the Kilne, our Malster by all meanes must haue an especiall care with what fuel shal dryeth the Malt ; for commonly according to that it euer receiueth and keepeth the taste, if by some especiall Art in the Kilne that anovance be not taken away. To speake then of Fewels in generall, they are of diuers kinds according to the natures of loyles, and the accommodation of places in which men liue; yet the bed and most principall fewell for the Kilnes (both for sweetnesse, gentle heate, and perfect drying) is either good Wheate-straw, Ryē-straw, Barley-straw, or Oaten-straw ; and of these the Wheat-straw is the best, because it is most substantiall, longest lasting, makes the sharpest fire, and yeelds the least flame : the next is Rie-straw, then Oaten-straw, and last Barley-straw, which by reason it is shortest, lightest, least lasting, and giueth more blaze then heate, it is last of these white straws to be chosen ; & where any of these faile, or are scarce, you may take the stubble or after-crop

of them, when the vpper part is shorne away; which being well dried and housed, is as good as any of the rest already spoken of, and lesse chargeable, because it is not fit for any better purpose as to make fodder, manure, or such like, of moare then ordinary thatching, and so fittest for this purpose. Next to these white strawes, your long Fenne-rushes, being very exceedingly well withered and dried, and all the sappie moysture gotten out of them, and so either safely housed or stac-ked, are the best fuell: for they make a very substan-tiall fire, and much lasting, neither are apt to much blazing, nor the smoke so sharpe or violent but may ver-y well be endured: where all these are wanting, you may take the straw of Pease, Fetches, Lupins, or Tares, any of which will serue, yet the smoke is apt to taint, and the fire without picuention drieth too sud-denly and swiftly. Next to these is cleane Beane-straw, or straw mixt of Beanes and Pease together; but this must be handled with great discretion, for the substance containeth so much heate, that it will rather burne then drie, if it be not moderated, and the smoke is also much offensiu. Next to this beane-straw is your Furrs, Gorse, Whinnes, or small Brush-wood, which dif-fereth not much from Beane-straw; onely the smoke is much sharper, and tainteth the Malt with a much stronger lauour. To these I may adde Braken or Braks, Ling, Heath, or Biome, all which may serue in time of necessity, but each one of them haue this fault, that they adde to the Malt an ill taste or lauour. After these I place Wood of all sorts, for each is alike noysome, and if the smoke which cometh from it touch the Malt, the interiour cannot be recovered; item whence a-mongst the best *Husbands* haue spiung this opinion,

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that when at any time drinke is ill tasted , they say straight , it was made of Wood-dried Malt . And thus you see the generality of fuels, their vertues, fau'ts, and how they are, to be imployed . Now for Coale of all kinds , Turfe or Peate , they are not by any meanes to be vsed vnder Kilnes, except where the furnaces are so subtilly made, that the smoke is conuaied a quite contrary way , and neuer commeth neare the Malt ; in that case it skuileth not what fuell you vse , so it be durable and cheape it is fit for the purpose , onely great regard must be had to the gentlenesse of the fire ; for as the old Proverbe is (Soft fire makes sweet Malt) so too rash and hasty a fire scorchethe and burneth it , which is calld amongst Malsters Firefangd ; and such Malt is good for little or no purpose : therefore to keepe a temperate and true fire , is the onely Art of a most skilfull Maltster .

When the Kilne is thus made and furnished of all necessaries duely belonging to the same , our malsters next care shall bee to the fashioning and making of the Garnets , Hutches , or Holds in which both the malt after it is dried , and the Birley before it be steeped , is to be kept and preserued ; and these Garners or Safes for Corne are made of diuers fashions , and diuers matters , as some of Boords , some of Brickes , some of Stone , some of Lime and Haire , and some of mud , Clay or Loame : but all of these haue their seuerall faults ; for Wood of all kinds breedeth Weevell and Wormes which destroy the Graine , and is indeed much too hot : for although malt would euer be kept passing dry , yet neuer so little ouer-plus of heate withers it , and takes away the vertue ; for as moysture rots and corruptis it , so heate takes away and decayeth

decayeth the substance. Bricke, because it is layde with Lime, is altogether vnwholesome, for the Lime being apt at change of weather to sweate, moy steneth the graine, and so tainteth it, and in the driest seasons with the sharpe hot taste, doth fully as much offend it: those which are made of Stone are much more noy-some, both in respect of the reasons before rehearsed, as also in that all Stone of it selfe will sweate, and so more and more corrupteth the graine which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to be es-chewed. Now for mud, clay, or loame, in as much as they must necessarily be mixed with wood, because otherwise of themselves they cannot knit or binde together, and besides, that the clay or loame must be mixt either with chopt hey, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against mice, but easie to be wrought through, and so very unprofitable for any Husband or House-wife to vse. Besides, they are much too hot, and beeing either in a close house neere the kilne, or the backe or face of any other Chimney, they drye the corne too sore, and make it dwindle and wither, so that it neither filleth the bushell, nor enricheth the liquor, but turnes to losse euery way. The best Garner then that can bee made both for safety and profit, is to be made either of broken tile-shread, or broken brickes, cunningly and even layd, & bound together with Plaster of Paris, or our ordinary English Plaster, or burnt Alabaster, and then couered all ouer both within and without, in the bottome and on euery side, at least three fingers thick with the same Plaster, so as no bricke or tyle-shread may by

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any meanes bee seene, or come neere to touch the Corne; and these Garners you may make as bigge, or as little as you please, according to the frame of your house, or places of most conuenience for the purpose, which indeed would ever be as neere the Kilne as may be, that the ayre of the fire in the dayes of drying may come vnto the same, or else neere the backes or sides of Chemneyes, where the ayre thereof may correte the extreame coldnesse of the plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat, or take moysture but by some violent extremity, neither will any worme or vermine come neere it, because the great coldnesse thereof is a mortall enemy to their natures, and so the safest and longest these Garners of plaster keepe all kinde of Graine and Pulse in the best perfection.

The making
of cesternes.

After these Garners, Huches, or large Keepes for Corne are perfited and made, and fitly adioyned to the Kilne, the next thing that our Maister hath to looke vnto, is the framing of the Fatis or Cesternes, in which the Corne is to be steeped, and they are of two sorts, that is, either of Coopers worke, being great Fatis of wood, or else of Masons worke, beeinge Cesternes made of stone; but the Cesterne of stone is much the better, for besides that these great Fatis of Wood are very chargeable and costly (as a Fatt to containe foure quarters of graine, which is but two and thirty bushels, cannot be affoorded vnder twenty shillings) so likewise they are very casuall and apt to mischaunce and spilling; for and besides their ordinary wearing, if in the heate of Summer they be never so

so little neglected without water, and suffered to be ouer-drye, it is tenne to one but in the Winter they will bee ready to fall in peeces; and if they bee kept moyst, yet if the water bee not oft shifted and preserued sweete, the Fatte will soone taynt, and beeing once growne faultie, it is not onely irrecouerable, but also whatsoeuer commeth to be steeped in it after, will be sure to haue the same sauour, besides the weareing and breaking of Garthes and Plugges, the binding, cleensing, sweetning, and a whole world of other troubles and charges doe so dayly attend them, that the benefite is a great deale short of the incumbrance; whereas the Stone Cesterne is euer ready and vlefull, without any vexation at all, and being once well and sufficiently made, will not neede trouble or reparation (more then ordinary washing) scarce in a hundred yeares.

Now the best way of making these Mault-cesternes, is to make the bottomes and sides of good tyle-shreads, fixed together with the best Lime and Sand; and the bottome shall bee raised at least a foote and a halfe higher then the ground, and at one corner in the bottome a fine artificiall round hole must be made, which being outwardly stopt, the maltster may through it drayne the Cesterne drye when shee pleaseth, and the bottome must bee so artificially leueld and contrived, that the water may haue a true descent to that hole, and not any remaine behind when it is opened.

Now when the modell is thus made of tile-shread, which you may do great or little at your pleasure, then with Lime, Haire, and Beasts blood mixed together, you shall couer the bottome at least two inches thicke, laying it leuell and plaine, as is before shewed: which

done, you shall also couer all the sides and toppe, both within and without with the same matter, at least a good fingers thicknesse, and the maine Wall of the whole cesterne shall bee a full foote in thicknesse, as well for strength and dureablesse, as other priuate reasons for the holding the graine and water, whose poysse and weight might oþerwise indanger a weaker substance. And thus much concerning the Malt-house, and those severall accomodations which doe belong vnto the same.

The manner
how to make
Malt.

I will now speake a little in generall as touching the Art, skill and knowledge of malt making, which I haue referred to the conclusion of this Chapter, because whosoeuer is ignorant in any of the things before spoken of, cannot by any meanes euer attaine to the perfection of most true and most thrifty malt making: To beginne then with this Art of making, or (as some tearme it) melting of malt, you shal first (hauing proportioned the quantity you meane to steepe, which should euer be answerable to the continent of your Cesterne, and your Cesterne to your flowies) let it either runne downe from your upper Garner into the Cesterne, or otherwise be carried into your Cesterne, as you shall please, or your occasions desire, and this Barley would by all meanes be very cleane, and neatly dreſt; then when your Cesterne is filled, you shall from your Pumpe or Well conuey the water into the cesterne, till all the corne be drencht, and that the waſter floate aboue it: if therē be any corne that will not ſhake, you ſhall with your hand stirre it about, and wet it, and ſo let it reſt and couer the cesterne, and thus for the ſpace of three nightis you ſhall let the Corne ſteepe in the water. After the third night is expired,

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the next morning you shall come to the Cesterne , and plucke out the plug or bung-sticke which stoppeth the hole in the bottome of the Cesterne , and so draine the water cleane from the Corne , and this water you shall by all meanes save , for much light Corne and others will come foorth with this draine-water , which is ver-
y good Swines meate , and may not bee lost by any good *House-wife* . Then hauing drained it , you shall let the cesterne drop all that day , and in the euening with your shouell you shall empty the corne from the cesterne vnto the malt-flowre , and when all is out , and the cesterne cleansed , you shall lay all the wet corne on a great heape round or long , and flat on the toppe ; and the thicknesse of this heape shall be answerable to the season of the yeare ; for if the weather be extreame cold , then the heape shall be made very thicke , as three or foure foote , or more , according to the quan-
tity of the graine : but if the weather be temperate and warme , then shall the heape be made thinner , as two foote , a foote and a halfe , or one foote , according to the quantity of the graine . And this heape is called of Malsters a Couch or Bed of raw Malt .

In this couch you shall let the corne lye three nights more without stirring , and after the expiration of the three nights , you shall looke vpon it , and if you find that it beginneth but to sproute (which is called com-
ming of malt) though it be never so little , as but the very white ende of the sproute peeping out (so it bee in the outward part of the heape or couch) you shall then breake open the couch , and in the mildest (where the Corne laye nearest) you shall finde the sproute or Come of a greater largenesse ; then with your shouell you shall turne all the outward part of the couch in-

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w r l, and the inward outward, and make it at least three o· foure times as bigge as it was at the first , and so let it lye all that day and night , and the next day you shall with your shouell turne the whole heape ouer againe, increasing the largenesse , and making it of one indiffe-rent thicknesse ouer all the flowre; that is to say , not a-bove a handfull thicke at the most , not failing after for the space of foureteene dayes , which doth make vp full in all three weekes , to turne it al ouer twice or thrice a day according to the season of the weather, for if it be warme, the malt must be turned oftner; if coole, then it may lye looser- thicker and longer together; and when the three weekes is fully accomplitsh, then you shall (hauing bedded your Kilne , and spread a cleane hayre-cloth thereon) lay the malt as thinne as may be:

The drying of (as about three fingers thicknesse) vpon the haire-cloth, and so drye it with a gentle and soft fire , euer and anon turning the mault (as it drieth on the Kilne) ouer and ouer with your hand, till you finde it suffi-ciently well dryed , which you shall know both by the taste when you bite it in your mouth , and also by the falling off of the Come or sprout , when it is through-ly dryed. Now assoone as you see the come beginne to shed, you shall in the turning of the mault rubbe it well betwene your hands, and scower it , to make the come fall away , then finding it all sufficiently dri-ed, first put out your fire, then let the malt coole vpon the Kilne for foure or fife howres, and after raising vp the foure corners of the haire-cloth, and gathering the mault together on a heape, empty it with the come and all into your garners , and there let it lye (if you haue not preuent occasion to v e it) for a moneth or two or three to ripen , but no longer , for as the come

come or dust of the Kilne, for such a space melloweth and ripeneth the malt, making it better both for sale or expence, so to lye too long in it doth ingender Weuell, Wormes, and vermine which doe destroye the graine.

Now for the dressing and cleensing of malt at such time as it is either to be spent in the house, or sold in the market, you shall first winnow it with a good wind either from the ayre, or from the fan; and before the winnowing you shall rubbe it exceeding wel betweene your hands to get the come or sproutings cleane away: for the beauty and goodnessse of malt is when it is most Imug, cleane, bright, and likest to Barkly in the viewe, for then there is least wast and greatest profit: for come and dust drinketh vp the liquor, and giues an ill taste to the drinke. After it is well rubed and winnowed, you shall then ree it ouer in a fine siue, and if any of the malt be vnclensed, then rub it againe in the siue till it be pure, and the rubbings will arise on the top of the siue, which you may cast off at pleasure, and both those rubbings from the siue and the chaffe and dust which commeth from the winnowings should be safe kept, for they are very good Swines meate, and feede well mixt either with whay or swillings: and thus after the malt is reed, you shall either sacke it vp for especiall vse, or put it into a well clensed Gainer, where it may lye till there be occasion for expence.

Now there bee certaine obseruations in the making of Malt, which I may by no meanes omit: for though diuerse opinions doe diuersly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equalitie,

Observations
in the making
of Malt.

First, there is a difference in mens opinions as touching the constant time for the mellowing and making of the Malt ; that is, from the first steeping to the time of dryng ; for some will allow both Fat and Flowre hardly a fortnight , some a fortnight and two or three dayes, and doe giue this reason ; first , they say it makes the Corne looke whiter and brighter , and doth not get so much the fulling and foulenesse of the flower , as that which lieth three weekes , which makes it a great deale more beautifull and so more sallable : next, it doth not come or shooe out so much sprout , as that which lieth a longer time , and so preserueth more heart in the graine , makes it bould and fuller , and so consequently more full of substance , and able to make more of a little , then the other much of more ; and these reasons are good in shew , but not in substantiall truth : for (although I confess that Corne which lieth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time , can neither ripen , mellow , nor come to true perfection , and lesse then three weekes cannot ripen barley : for looke what time it hath to swell and sprout , it must haue full that time to flourish , and as much time to decay : now in lesse then a weeke it cannot doe the first , and so in a weeke the second , and in another weeke the third ; so that in lesse then three weekes a man cannot make perfect Malt . Againe , I confess , that Malt which hath the least Corne , must haue the greatest kernell , and so be most substantiall ; yet the Malt which putteth not out his full sprout , but hath that moysture (with too much haste) driuen in which should be expelled , can neuer be Malt of any long lasting , or profitable for indurance , because it hath so much moist substance

as doth make it both apt to corrupt and breed wormes in most great abundance : it is most true, that this hastie made Malt is fairest to the eie, and will soonest be vented in the Market; and being spent assoone as it is bought , little or no losse is to be perceiued, yet if it be kept three or four moneths, or longer(vnlesse the place where it is kept be like a Hot-house) it will so danke and giue againe , that it will be littie better then raw Malt, and so good for no seruice without a second drying : besides, Malt that is not suffred to sprout to the full kindly , but is stopt as soone as it begins to peepe, much of that Malt cannot eate at all, for the moistest graines doe sprout first , and the hardest are longer in breaking the husk ; now if you stop the graine on the first sprouts, and not giue all leasure to come one after another, you shall haue halfe Malt and halfe Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, lesse then three weekes you cannot haue to make good and perfect Malt.

Next there is a difference in the turning of the malt, for some (and those be the most men Malsters whatsoeuer) turne all their malt with the shouel, and say it is most easie , most speedy , and dispatcheth more in an houre , then any other way doth in three ; and it is very true , yet it scattereth much, leaueth much behind vnturn'd , and commonly that which was vndermost, it leaueth vndermost still , and so by some comming too much , and others not comming at all, the malt is oft much imperfect, and the old saying made good, that too much haste, maketh waste. Now there are others (and they are for the most part woemen Malsters) which turne all with the hand, and that is the best, safest, and most certaine way ; for there is not a graine which the hand

hand doth not remoue and turne ouer and ouer, and laies every severall heape or row of such an euene and iust thicknesse, that the Malt both equally commeth, and equally seasoneth together without defect or alteration: and though he that hath much Malt to make, will be willing to hearken to the swiftest course in making, yet he that wll make the best Malt, must take such conuenient leasure, and employ that labour which commeth nearest to perfection.

Then there is another especiall care to be had in the coming or sprouting of Malt, which is, that as it must not come too little, so it must not by any meanes come too much, for that is the grossest abuse that may be: and that which we call corred or sprouted too much is, when either by negligence for want of looking to the couch, and not opening of it, or for want of turning when the malt is spread on the flowre it come or sprout at both ends, which *Husbands* call Akerspyerd; such corne by reason the white heart or substance is driven out of it, can be good for no purpose but the Swinetrough, and therefore you must haue an especiall care both to the well tending of the couch, and the turning the malt on the flowre, and be sure (as neere as you can by the ordering of the couch, and happing the hardest graine inward and warmest) to make it all Come very indifferently together. Now if it so fall out that you buy your Barley, and happen to light on mixt graine, some being old Corne, some new Corne, some of the heart of the stacke, and some of the staddle, which is an ordinary deceit with *Husbandmen* in the Market, then you may be well assured, that this graine can never Come or sprout equally together; for the new Corne will sprout before the old, and the staddle before that

in the heart of the stacke, by reason the one exceedeth the other in moistnesse : therefore in this case you shall marke well which commeth first, which will be still in the heart of the Couch , and with your hand gather it by it selfe into a seperate place , and then heape the other together againe ; and thus as it cometh and sprouteth , so gather it from the heape with your hand , and spread it on the flowre , and keepe the other still in a thicke heape till all be sprouted. Now lastly obserue, that if your Malt be hard to sprout or Come, and that the fault consist more in the bitter coldnes of the season, then any defect of the corne , that then (besides the thicke and close making of the heape or couch) you faile not to couer it ouer with some thicke woollen clothes , as course Couerlids , or such like stuffe, the warmth whereof will make it Come presently : which once perceived, then forthwith vncloth it, and order it as aforesaid in all points. And thus much for the Art, order, skill and cunning belonging to the Malt-making .

Now as touching the making of Oates into Malt, which is a thing of generall vse in many parts of this Kingdome where Barley is scarce, as in *Chesheire, Lancashire, much of Darbisheire, Deuonshire, Cornwall,* and the like, the Art and skil is all one with that of Barley, nor is there any variation or change of worke, but one and the same order still to be obserued, onely by reason that Oates are more swift in sprouting, and apter to clutter , ball and hang together by the length of the sprout then Barley is , therefore you must not faile but turae them oftner then Barley , and in the turning be carefull to turne all , and not leauue any vnmoued. Lastly, they will need lesse of the flowre then Barley will, for in a full fortnight, or a fortnight and two or three

three dayes you may make very good and perfect Oate-malt. But because I haue a great deale more to speake particularly of Oates in the next Chapter, I will here conclude this, and aduise euery skilfull *House-wife* to ioyne with mine obseruations her owne tryed experience, and no doubt but shee shall find both profit and satisfaction.

CHAP. 6.

Of the excellency of Oates, and the many singular vertues and uses of them in a family.

Oats although they are of all manner of graine the cheapest, because of their generality being a graine of that goodnessse and hardnesse, that it will grow in any soyle whatsoeuer, be it neuer so rich, or neuer so poore, as if Nature had made it the onely louing companion and true friend to mankind; yet is it a graine of that singularity for the multiplicity of vertues, and necessary vses for the sustenance and support of the Family, that not any other graine is to be compared with it, for if any other haue equall vertue, yet it hath not equall value, and if equall value, then it wants many degrees of equall vertue; so that ioyning vertue and value together, no *Husband*, *House-wife*, or *House-keeper* whatsoeuer, hath so true and worthy a friend, as his Oats are.

Virtue of
Oates to
Cattell.

To speake then first of the vertues of Oates, as they accrue to Cattell and creatures without doore, and first to begin with the Horse, there is not any food whatsoeuer that is so good, wholesome, and agreeable with the nature of a Horse, as Oates are, being a Prouendar in which he taketh such delight, that with it he feedeth,

feedeth, traualleth, and doth any violent labour whatsoever with more courage and comfort, then with any other food that can be inuented, as all men know, that haue either vse of it, or Horses: neither doth the Horse euer take surfeit of Oates, (if they be sweet and dry) for albe he may well be glutted or stalled vpon them (with indiscreet feeding) and so refuse them for a little time, yet he neuer surfeitteth, or any present sicknesse follow after; whereas no other graine but glut a Horse therewith, and instantly sicknesse will follow, which shewes surfeit, and the danger is oft incurable: for wee read in *Italy*, at the siege of *Naples*, of many hundred Horses that died on the surfeit of wheat; at *Rome* also dyed many hundred Horses of the plague, which by due proofe was found to proceed from a surfeit taken of peason and fetches; and so I could runne ouer all other graines, but it is needless, and farre from the purpose I haue to handle: suffice it, Oates for Horses are the best of all foods whatsoever, whether they be but onely cleane threshed from the straw, and so dried, or conuerted to Oatmeale, and so ground and made into Bread, Oates boyl'd and giuen to a Horse whilst they are coole and sweete, are an excellent foede for any Horse in the time of disease, pouerty, or sicknesse, for they scower and fat exceedingly.

In the same nature that Oates are for Horses, so are they for the Ass, Mule, Camell, or any other Beast of burthen.

If you will feade either Oxe, Bull, Cow, or any Neate, whatsoever to an extraordinary height of fatnesse, there is no foode doth it so soone as Oates doth, whether you giue them in the straw, or cleane threshed from the sheafe, and well winnowed; but the winnowed Oate

is.

is the best, for by them I haue seen an Oxe fed to twenty pound, to twenty fourre pound, and thirty pounds, which is a most vnreasanable reckoning for any beast, onely fame and the tallow hath beene precious.

Sheepe or Goates may likewise be fed with Oates, to as great price and profit as with Pease, and Swine are fed with Oates, either in raw Malt, or otherwise, to as great thicknesse as with any graine whatsoeuer; onely they must haue a few Pease after the Oates to harden the fat, or else it will waste, and consume in boyling. Now for holding Swine, which are onely to be preserued in good flesh, nothing is better then a thiu mange made of ground Oates, whey, Butter-milke, or other ordinary washe, or swillings, which either the Dairie, or Kitchin affoordeth; nor is there any more soueraigne or excellent meate for Swine in the time of sicknesse, then a mange made of ground Oates and sweet Whey, warmed luke-warne on the fire, and mixt with the powder of Raddle, or red Oaker. Nay if you will goe to the matter of pleasure, there is not any meate so excellent for the feeding, and wholelome keeping of a Kenell of hounds, as the Mangge made of ground Oats and scalding water, or of beefe broth, or any other broth, in which flesh hath beene sodden; if it be for the feeding, strengthening and comforting of Greyhounds, Spaniels, or any other sort of tenderer Doggs, there is no meate better then sheepe heads, haire and all, or other intralls of sheepe chopt and well sodden, with good store of Oate-meale.

Now for all manner of Poultry, as Cocks, Capons, Hens, Chickens of great size, Turkyes, Geese, Ducks, Swannes and such like, there is no food feedeth them better then Oates, and if it be the young breede of any

of

of those kinds, euен from the first hatching or difcloſing, till they be able to ſhift for themſelues, there is no food better whatſoever then Oate-meale greets, or ſine Oate-meale, either ſimple of it ſelue, or elle mixt with milke, drinke, or elle new made Vrine.

Thus much touching the vertues and quality of Oates or Oate-meale; as they are ſeruiceable for the vſe ^{Vertue of} Oates for of Cattle and Poultry. Now for the moſt neceſſary vſe thereof for man, and the geneall ſupport of the family, there is no graine in our knowledge anſWERABLE vnto it; firſt for the ſimple Oate it ſelue (excepting ſome particular phyſicke helpeſ); as trying them with ſweet butter, and putting them in a bag, and very hot applied to the belly or ſtomacke to avoyde collicke or windineſſe, and ſuch like experiments) the moſt eſpe- ciall vſe which is made of them is for Malt to make Beere or Ale of, which it doth exceeding well, and maintaineth many Townes and Countries; but the Oat-meale which is drawne from them, being the heart and kernell of the Oate, is a thing of muſt rarer price and estimation; for to ſpeakē troth, it is like Salt of ſuch a generall vſe, that without it hardly can any Family be maintained: therefore I thinke it not muſt amifle to ſpeakē a word or two touching the making of Oate- meale, you ſhall underſtand then, that to make good and perfect Oat-meale, you ſhall firſt dry your Oates exceeding well; and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horse-mill (but the horſe-mill is beſt) and no more but crush or hull them; that is, to carry the ſtones ſo large, that they may no more but crush the kernelle from the hulls: then you ſhall winnow the hulls from the kernelles either with the wind or a Fanne, and finding them of an indifferent cleannessse

cleannessse (for it is impossible to hul them all cleane at the first) you shall then put them on againe, and making the Mill goe a little closer, runne them through the Mill againe, and then winnow them ouer againe, and such greetes or kernells as are cleane huld and well cut you may lay by, and the rest you shall run through the mill againe the third time, and so winnow them againe, in which time all will bee perfyt, and the greetes or full kernells will separate from the smaller Oate-meale; for you shall vnderstand, that at this first making of Oate meale, you shall euer haue two sorts of Oate-meales; that is, the full whole greate or kirell, and the small dust Oate-meale: as for the course hulles or chaffe that commeth from them, that also is worthy saving, for it is an excellent good Horse-prouender for any plow or labouring Horses, beeing mixt with either Beanies, Pease, or any other Pulse whatsoeuer.

The vertues of
Oate-meale.

Now for the vse and vertues of these two severall kinds of Oate-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that it is almost impossible to recken all; yet (as neare as I can) I will impart my Knowledge, and what I haue tane from relation: First, for the small dust or meale Oate-meale, it is that with which all potage is made and thickned, whether they be meat-pottage, milke-pottage, or any thicke or else thinne grawell whatsoeuer, of whose goodnesse and wholesomenesse it is needless to speake, in that it is frequent with every experiance: also with this small meale oate-meale is made in diuerse Countries six severall kinds of very good and wholsome bread, euery one finer then other, as your Anacks, Ianacks, and such like. Also there

is

is made of it both thicke and thin Oaten-cakes , which are very pleasant in taste , and much esteemed : but if it be mixed with fine wheate-meale , then it maketh a most delicate and dainty oate-cake , either thicke or thin, such as no Prince in the world but may haue them serued to his table; also this small oat-meale mixed with blood, and the Liver of either Sheepe, Calfe or Swine, maketh that pudding which is called the Haggas or Haggus , of whose goodnesse it is in vaine to boast, be-cause there is hardly to be found a man that doth not affect them . And lastly, from this small oat-meale by oft steeping it in water and clensing it ; and then boy-ling it to a thicke and stiffe ielly, is made that excellent dish of meate, which is so esteemed of in the west parts of this Kingdome , which they call *Wash brew* , and in *Chesheire* and *Lancashere* they call it *Flamery* or *Flu-mery*, the wholcomesse and rare goodnesse, nay, the very Physicke helpes thereof, being such and so many, that I my selfe haue heard a very reueiend and worthi-ly renowned Physition speake more in the commendations of that meate , then of any other foode whatsoeuer : and certaine it is, that you shall not heare of any that ever did surfeite of this *Wash brew* or *Flammary*; and yet I haue seene them of very dainety and sickely stomackes which haue eaten great quantities thereof, beyond the proportion of ordinary meates . Now for the manner of eating this meate , it is of diuerse diuersly vied ; for some eat it with hony, which is re-puted the best sauce ; some with Wine, either Sacke, Claret or White; some with strong Beete or strong Ale, and some with milke, as your ability , or the accom-modations of the place will administer . Now there is derived from this *Wash. brew* another courser meate,

which is as it were the dregges, or grosser substance of the *Wash-brew*, which is called *Gird brew*, which is a well filling and sufficient meate, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meate of harder digestion, and fit indeed but for strong able stomackes, and such whose toyle and much sweate both liberally spendeth cuill humors, and also preserueth men from the offence of fulnesse and surfeits.

Now for the bigger kind of Oate-meale, which is called *Greets*, or *Corne Oate-meale*, it is of no lesse vse then the former, nor are there fewer meates compounded thereof: for first, of these greets are made all sorts of puddings, or potts (as the West-countrye tearmes them) whether they be blacke, as those which are made of the blood of Beasts, Swine; Sheepe, Geese, Red or Fallow Deere, or the like, mixt with whose greetes, suet and wholesome hearbes: or else white, as when the greetes are mixt with good creame, egges, bread-crummes, suet, currants, and other wholesome spices. Also of these greetes are made the good Friday pudding, which is mixt with egges, milke, suet, penitroyall, and boyld first in a liane a bigge, and then stript and buttered with sweet butter. Againe, if you rost a goose, and stop her belly with whole greetes beaten together with egges, and after m. xt with the gravy, there cannot be a better or more pleasante sauce: nay, if a man be at sea in any long trauell, he cannot eate a more wholesome and pleasant meate then these whole greetes boyld in water till they burst, and then mixt with butter, and so eaten with spoones; which although seamen call simply by the name of *Lob olly*, yet there is not any meate how significant soever the name be, that

is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoeuer to which a man can vse or employ Rice: but with the same seasoning and order you may employ the whole greetes of Oate-meale, and haue full as good and wholesome meate, and as well tasted; so that I may well knit vp this chapter with this approbation of Oate meale, that the little charge and great benefite considered, it is the very Crowne of the *House-wives* garland, and doth more grace her table and her knowledge; then all graines whatsoeuer; neither indeed can any Family or Household be well and thrifuly maintained, where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oate-meale.

CHAP. 8.

Of the Office of the Brew-house, and the Bake house, and the necessary things belonging to the same.

When our English House-wife knowes how to preserue health by wholesome Physicke, to nourish by good meate, and to cloath the body with warme garments, shee must not then by any meanes bee ignorant in the prouision of Bread and Drinke; shee must knowe both the proportions and compositions of the same. And for as much as drinke is in euery house more generally spent then bread, being indeede (but how well I know not) made the very substance of all entertainment; I will first beginne with it, and therefore you shall knowe that generally our Kingdome hath out two kindes of drinke, that is to say, Beere and

Ale, but particularly foure, as Beere, Ale, Perry and Cider; and to these we may adde two more, Meede and Metheglia, two compound drinke of hony and hearbs, which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Strong
Beere.

To speake then of Beere, although there be diuers kinds of tastes and strength thereof, according to the allowance of *Malt*, *Hoppes*, and age giuen vnto the same; yet indeed there can be truly sayd to be but two kinds thereof; namely, ordinary beere and March-beere, all other beeres being deriuued from them.

Of ordinary
Beere.

Touching ordinary Beere, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere; it is meete first that our *English Housewife* respect the proportion or allowance of Malt due to the same, which amongst the best *Husbands* is thought most conuenient, and it is held, that to draw from one quarter of good Malt three Hogsheads of beere, is the best ordinary proportion that can be allowed, and hauing age and good caske to lie in, it will be strong enough for any good mans drinking.

Of brewing
ordinary
Beere.

Now for the brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your leade ready to boyle, you shall then by little and little with scoopes or pailes put the bo ling liquor to the Malt, and then stirre it cuen to the botome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top couer all ouer with more Malt, and so let it stand an houre and more in the mash fat, during whiche space you may if you p[er]ise heate more liquor in

in your lead for your second or small drinke ; this done, plucke vp your mashing stroame, and let the first liquor runne gently from the malt , either in a cleane trough or other vessells prepared for the purpose , and then slopping the mash-fat againe , put the second liquor to the malt , and stirre it well together ; then your leade being emptied put your first liquor or wort therein, and then to euery quarter of malt put a pound and a halfe of the best hopps you can get ; and boyle them an house together , till taking vp a dishfull thereof you see the hopps shrinke into the bottome of the dish ; this done, put the wort through a straight sive which may draine the hopps from it into your cooler, which standing ouer the Guil-fat, you shall in the bottome thereof set a great bowle with your barme, and some of the first wort (before the hops come into it mixt together)that it may rise therein, and then let your wort drop or run gently into the dish with the barme which stands in the Guil-fat, & this you shal do the first day of your brewing, letting your cooler drop all the night following, and some part of the next morning, and as it droppeth if you finde that a blacke skumme or mother riseth vpon the barme, you shall with your hand take it off and cast it away, then nothing being left in the cooler, and the beere well risen, with your hand stirre it about & so let it stand an houre after, and then beating it and the barme exceeding well together , tunne it vp into the Hogsheads being cleane washt and scalded , and so let it purge : and herein you shall obserue not to tun your vessells too full , for feare thereby it purge too much of the barme away : when it hath purged a day and a night, you shall close vp the bung holes with cay, and onely for a day or two after keepe a vent-hole in it , and after close it vp as close

as may be. Now for your second or small drinke which are left vpon the graine, you shall suffer it there to stay but an houre or a little better, and then draine it off also, which done put it into the lead with the former hops and boyle the other also, then cleere it from the hops and couer it very close till your first beere be tunne'd, and then as before put it also to barme and so tunne it vp also in smaller vessels, and of this second beere you shall not draw aboue one Hogshead to three of the better. Now there be diuers other waies and obseruations for the brewing of ordinary Beere, but none so good, so easie, so ready and quickly performed as this before shewed: neither will any beere last longer or ripen sooner, for it may be drunke at a fortnights age, and will last as long and lively.

Of brewing
the best March
Beere.

Now for the brewing of the best March-Beere, you shall allow to a Hogshead thereof a quarter of the best malt, well ground: then you shall take a pecke of pease, halfe a pecke of Wheate, and halfe a pecke of Oates and grind them all very well together, and then mixe them with your malt: which done, you shall in all points brew this beere as you did the former ordinary beere: onely you shall allow a pound and a halfe of hops to this one Hogshead: and where as before you drew but two sorts of beere: so now you shall draw three: that is a Hogshead of the best, and a Hogshead ~~at~~ the second, and halfe a Hogshead of small beere without any augmentaion of hops or malt.

This March Beere would be brewd in the moneths of March or Aprill, and should (if it haue right) haue a whole yeere to ripen in: it will last two, three and foure yeeres if it lie coole and clole, & endure the drawing to the last drop, though with neuer so much leasure.

Now

Now for the brewing of strong Ale, because it is
drinke of no such long lasting as Beere is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northerne measure (which is foure bushels or halfe a quarter in the South) at a brewing, and not aboue, which will make fourteene gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of Beere; as for hops, although some vse not to put in any, yet the best Brewers thereof will allow to fourteene gallons of Ale a good espen full of hops, and no more, yet before you put in your hops, as soone as you take it from the graines, you shall put it into a vessell and change it, or blinke it in this manner: put into the Wort a handfull of Oke-bowes and a pewter-dish, and let them lye therein till the wort looke a little paler then it did at the first, and then presently take out the dish and the leafe, and then boile it a ful houre with the hops, as aforesayd, and then clese it, and set it in vessels to coole; when it is milke-warme, having set your Barme to rise with some sweete Wort: then put all into the guiffat, and as soone as it riseth, with a dish or bowle beate it in, and so keepe it with continuall beating a day and a night at least, and after run it. From this Ale you may also draw halfe so much very good middle Ale, and a third part very good small ale.

Touching the brewing of Bottle-ale, it differeth nothing at all from the brewing of strong Ale, onely it must be drawne in a larger proportion, as at least twenty gallons of halfe a quarter; and when it comes to bee changed, you shall blinke it (as was before shewed) more by much then was the strong Ale, for it must bee pretty and sharpe, which giueth the life and quicknesse

Brewing of
Strong Ale.

Brewing of
Bottle-Ale.

nesse to the Ale : and when you tunne it , you shall put it into round bottles with narrow mouthes, and then stopping them close with corke, set them in a cold sellar vp to the wast in sand , and be sure that the corkes be fast tied in with strong packe-thid , for feare of riſing out , or taking vent , which is the vtter spoyle of the Ale.

Now for the ſmall drinke arifing from this Bottel-ale, or any other beere or ale what ſoever, if you keepe it after it is blinckt and boyled in a cloſe vefſell , and then put it to barme euery morning as you haue occaſion to vſe it, the drinke will drinke a great deale the fresher, and be much more lively in taste.

As for the making of Perry and Cider , which are
Of making
perry or cider. drinkes much uſed in the West parts, and other Countries well stored with fruit in this Kingdome ; you ſhall know that your perry is made of peares onely, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to ſay , after your Peares and Apples are well pickt from the ſtakſes, rottenneſſe, and all manner of other filth , you ſhall put them in the preſſe-mill which is made with a milſtone running round in a circle, vnder which you ſhall crush your peares or apples , and then ſtraining them through a bagge of haire-cloth, tunne vp the ſame (after it hath bene a little ſetled) into Hogs-heads, Barrels , and other cloſe vefſells.

Now after you haue preſt all , you ſhall ſauē that which is within the haire cloth bagge, and putting it into ſeverall vefſels ; put a pretty quantity of water thereunto , and after it hath ſtood a day or two , and hath beene well ſtirred together, preſſe it ouer alſo againe, for this will make a iſmall perry or cider , and muſt be ſpent

spent first. Now of your best sider that which you make of your summer or sweete fruit , you shall call summer or sweete cider or perty , and that you shall spend first also ; and that which you make of the winter and hard fruit , you shall call winter and sowre cider, or perty ; and that you may spend last , for it will indure the longest.

Thus after our *Engl. sh House-wife* is experienc't in *of Baking*.
the brewing of these severall drinke s , shee shall then
looke into her Bake-house, and to the making of all sorts
of bread, either for Maisters, seruants, or hinds, and to
the ordering and compounding of the meale for each
severall vse.

To speake then first of meales for bread , they are ei- ^{Ordering of}
ther simple or compound , simple, as Wheate and Rye, _{Meale.}
or compound, as Rye and Wheate mixt together , or
Rye, Wheate and Barley mixt together ; and of these
the oldest meale is euer the best, and yecldeth most so it
be sweet and vntainted, for the preseruation whereof, it
is meet that you cleane your meale well from the bran,
and then keepe it in sweet vessells.

Now for the baking of bread of your simple meales, ^{Baking Man.}
your best and principall bread is manchet , which you
shall bake in this maner : First your meale being ground
vpon the blacke stones , if it be possible , which make
the whitest flower, and boulted through the finest boul-
ting cloth , you shall put it into a cleane Kimnel , and
opening the flower hollow in the midst , put into it of
the best Ale-barme, the quantity of three pints to a bu-
shell of meale , with some salt to season it with : then
put in your liquor reasonable warme and kneade it very
well together with both your hands and through the
brake, or for want thereof, fold it in a cloth , and with
your

your feete tread it a good space together , then letting it lie an houre or there abouts to swell, take it foorth and mold it into manchets , round, and flat, scotch them about the waste to giue it leauue to rise , and pricke it with your knife in the top , and so put it into the Ouen, and bake it with a gentle heate.

Baking cheare
Bread.

To bake the best cheare bread , which is also simply of wheate onely , you shall after your meale is drest and boulted through a more course boulter then was vsed for your manchets , and put also into a cleane tub , trough , or kinnell , take a sowre leauen , that is, a piece of such like leauen sau'd from a former batch , and wel fild with salt , and so laid vp to sower , and this sower leauen you shall breake into small pieces into warme water , and then straine it , which done, make a deepe hollow hole , as was before said in the midst of your flower, and therin powre your strained liquor; then with your hand mixe some part of the flower therewith, till the liquor be as thicke as pancake batter, then couer it all ouer with meale , and so let it lie all that night , the next morning stirre it, and all the rest of the meale we l together, and with a little more warme wa-
ter , barme , and salt to sealon it with, bring it to a per-
fect leauen, stiffe, & firme; then knead it, breake it, and
read it, as was before said in the manchets, and so mold
it vp in reasonable bigge loaues, and then bake it with
an indifferent good heate: and thus according to these
two examples before shewed , you may breake leauend
or vnleauend whatsoeuer , whether it be simple corne,
as Wheate or Rie of it selfe , or compound graine as
Wheate and Rie , or Wheate and Barley, or Rie and
Barley , or any other mixt white corne ; onely because
Rie is a little stronger graine then Wheate , it shall be
good

good for you to put your water a little hotter than you did to your wheate.

For your browne bread , or bread for your hind-servants , which is the coursest bread for mans vse, you shall take of barley two bushels, of pease two pecks, of Wheate or Rie a pecke, a pecke of malt ; these you shall grind all together and dresse it through a meale sive , then putting it into a sower trough set liquor on the fire , and when it boyles let one put on the water, and another with a mash rudder stirre some of the flower with it after it hath beene seasoned with salt , and so let it be till the next day , and then putting to the rest of the flower, worke it vp into stiffe leauen, then mould it and bake it into great loaues with a very strong heate: now if your trough be not sower enough to sower your leauen, then you shal either let it lie longer in the trough, or else take the helpe of a sower leauen with y our boylng water: for you must understand , that the hotter your liquor is , the lesse will the smell or ranknesse of the pease be received. And toun much for the baking of any kind of bread , which our *English House-wife* shal haue occasion to vse for the maintenance of her family.

As for the generall obseruations to be respected in the Brew-house or Bake-house , they be these : first, that your Brew house be seated in so conuenient a part of the houle, that the smoke may not annoy your other more priuate roomes ; then that you furnace be made close and hollow for sauing fewell , and with a vent for the passage of smoake least it taint your liquor ; then that you preferre a copper before a lead , next that your Mash-fat bee euer neerest to your leade , your cooler neerest your Mash-fat , and your Gul-fat vnder

Generall obseruations in
the brew-
house and
bake-hause.

vnder your cooler, and adioyning to them all severall cleane tubs to receiue your worts and liquors: then in your Bake-house you shall haue a faire boulting house with large pipes to boulte meale in, faire troughe to lay leauen in, and sweet safes to receiue your bran: you shall haue boulters, searses, raunges and meale siues of all sorts both fine and course; you shall haue faire tables to mould on, large ouens to brake in the soales the reof rather of one or two intire stones then of many brickes, and the mouth made narrow, square and easie to be close couered: as for your peeles, cole-rakes, maukins, and such like, though they be necessary yet they are of such generall vse they neede no further relation. And thus much for a full satisfaction to all the *Husbands* and

House-wives of this Kingdome touching Brewing,
Baking, and all whatsocuer else appertai-
neth to either of thcir offices.

The end of the English Housewife.

F I N I S.







